

**THE SCIENCE OF
SELF-SACRIFICE**

OR

THE ART OF DOING GOOD

Fine thoughts are wealth, for the
right use, of which
Men are and ought to be accountable,
If not to Thee, to those they
influence;
Grant this, we pray Thee, and
that all who read
Or utter noble thoughts, may make
them theirs,
And thank God for them, to the
betterment
Of their succeeding life.

BAILEY.

I Dedicate

This Book of Quotations

To

All Social Workers of India,

With a hope that they may find
in it some inspiring thoughts which
may enable them to pursue their
work of Social Service in a more
loving, full and vigorous way than
before for the lasting good of their
dear Mother-land

B N Motiwala

FOREWORD

When Mr Motiwala asked me to write a foreword to this book, my first reflection was that I had not myself done enough social service to be entitled to speak on the subject. But perhaps, after all, as one who has not taken any great part in this good work, I may with better grace praise those who have.

For Mr Motiwala and his fellow workers, in India and throughout the civilized world, are doing what is plainly the duty of every one of us. Philosophers tell us that altruism is the characteristic feature of the present age; it is no longer possible for the average man to contemplate, as he once did, with complete

responsibilities of humanity, but to-day the conscience of society as a whole is awake and no man can now plead ignorance, even at the lowest estimate of man's moral liabilities, we may fairly be judged by the standard of our age, and the excuses that served our great-grandfathers will no longer avail us.

We must all of us take a hand in levelling up the condition of our fellows. What, then, must we do? The answer is we must do what we best can. Money gifts are not the chief desideratum

our own work, administrative, political, artistic, commercial, we can exert our influence and show our sympathy and, if we have no opportunity for direct intervention, we can at least give our moral support and our prayers. As Herrick says, "Give if thou canst in alms; if not, afford Instead of that a sweet and gentle word."

It is to hearten and inspire all types of actual and potential social-workers, that Mr. Motiwala has brought together this body of testimony to the value and need of their work from a host of the world's wisest men and women.

And I cannot leave the subject without recalling the words of the founder of my religion, words of which the followers of any religion can, I think, accept the spirit. "In as much as ye have done it unto one of the least of these my brethren, ye have done it unto me."

K. N. Colville

On the hill across the way a ruby light glowed like coal against the black back-ground of the mountain-side. A servant was carrying a torch to light the way for some traveller. The light danced up and down for a few minutes flashing like a fire-fly as it moved forward then it disappeared around a turn of the road and was lost to sight.

The spirit of the mountain threw its arms about me and clasped me close and whispered in my ear —

Life is like that torch. It burns for a brief time in the human breast then the hand of Fate the servant of God lifts it up and carries it around to the other side of the mountain and it is seen no more. But remember after all death is nothing but a turn in the road. The torch of life burns on just the same as it did before but the mountain of death hides

its gleam from our vision, and we look upon it as lost. The road is long and tortuous. It winds round and round, gradually approaching the top where dwells the God of all things, and if we could but wait and watch, some time Fate would come swinging around the hill-side at a higher point, with the self-same torch of life in her hand, gleaming brightly as before. And as the servant carries the light as an act of service to others, so God places the light of our lives in the hands of Fate. It is for service we are born. It is for service we are carried along and along the road of sentient things. If our lantern is kept clean and bright, it guides the faltering feet of others stumbling through the black maze of the world. But if we fail to keep it clean, to fill it with spiritual oil, to trim the wick, the chimney becomes smoked and dim, the flame flickers and fades away, and not only do we

fail in the purpose for which we were intended—to guide others to safety—but our own feet stray over the brink and we fall into oblivion in the valley of dry bones below, useless scraps in God's junk pile

Mrs Saint Nehal Singh

The kind of socialism—if indeed, it is to be called socialism which I should advocate is the growth of the spirit that makes men realise that they cannot isolate themselves in selfish and idle seclusion, but that they have a duty to God, and a duty to their neighbour which they cannot evade or escape without incurring penalties which are none the less severe because they are not enforced by human legislation

A C Benson

Nothing can be so inspiring to a human being as the idea that he is of value that his help is really wanted

Nothing can so enforce the doctrine of responsibility as the realisation that it rests with us to choose whether we shall mend or mar, shall beautify or deface, some portion of the work.

Sir Oliver Lodge

I am of the opinion that my life belongs to the whole community, and as long as I live it is my privilege to do for it whatsoever I can. All human progress involves, as its first condition, the willingness of the pioneer to make a fool of himself. I want to be thoroughly used up when I die, for the harder I work the more I live. I rejoice in life for its own sake. Life is no "brief candle" for me. It is a sort of splendid torch, which I have got hold of for the moment; and I want to make it burn as brightly as possible before handing it on to future generations.

George Bernard Shaw.

All cannot give, all cannot do, but all can be. He who serves by being, gives most real service. Being is the measure of doing, and it is they who are best, who do best. It is through the good, that men believe in the good, have you helped by being righteous? It is through the hopeful that the timid gain courage, have you been hopeful? It is from those who love that men learn to love, have you been loving? It is through the pure the student the woman, the man that world believes in purity, have you been pure?

Rev D J Fleming

We must regard ourselves as instruments and channels of the divine action; even in a few things we must be good and faithful servants. It is our privilege to help now in the conscious evolution and development of a higher life on this planet.

Sir Oliver Lodge

Man's duty to his fellow-men is of the very essence of religion. Men simply cannot bring any offering to the altar of God except the offering of his life—body, soul and spirit—to give in service to fellow-men. Because this is true, each individual finds facing him a call to service which is absolutely essential to the development of that individual life and righteousness which is the condition for entrance into the Kingdom of God.

the orphan (in the abstract) the struggling artist, musician or writer The second is what we owe to those who directly surround us, whose claims upon us are strongest whose need is greatest For the first, we have no merit whatever It is a simple emotion, not a virtue It has no fruits, except perhaps to inflate us with self-esteem Practical sympathy on the other hand, is the greatest of all virtues It is true charity It enables us to enter into the hearts of our nearest and dearest of those who serve us or in any capacity come in contact with us every day, it reveals to us their sorrows their deprivations their hopes and needs and prompts us in the right time and place to bestow

a fellow creature more than all the gifts you might bestow upon him. You have not far to look for an object for sympathy of this kind

Lily E F Barry

I firmly believe that no man can rise to his highest social usefulness until he is convinced that the Almighty God Himself is working toward a social state of health and holiness and righteousness and joy and peace and love, and that we are co-workers with Him.

Rev D J Fleming

most, but by the tone and direction of our habitual activities. It is by being what we are ourselves that we most deeply influence others.

E Caird.

So live, that when the sun
Of your existence sinks in night,
Memories sweet of mercies done
May shrine your name in memory's light
And the blest seeds you scattered bloom
A hundred-fold in days to come

Sir John Eowring.

Let it be said of us at least when we pass out of this life that, though we had neither gold nor silver, yet of such as we had we gave generously to all, scattering freely on our path the greater riches of joy and good cheer, the superabundant sunshine that warmed and brightened our own lives.

Lily L F Barry

True goodness is not negative in character and neutral in shade. On the contrary it is instinct with life, colour, motion and poetry. It is militant in the highest sense and wears its colours openly and presents a sturdy front to its enemies. It is bold and picturesque and carries a shining light upon its fore head before which the false glamour of sin and error pales away like a candle in the noon day sunshine. Cant and maiden sentiments have nothing to do with it. It dwells in the heart not on the lips and hypocrisy is even more hateful to it than vices openly practised.

Lily E F Barry

Few persons are unwilling to do good if in the doing they earn the admiration or applause of those with whom for one reason or another, they desire to stand well or if there is a prospect of gain or increased influence in sight as a result

of their efforts Only true noble and generous souls attain the degree of moral altitude in which the preformance of great actions solely from a high sense of duty without regard to the probable effect it will produce on the minds of observers becomes possible

Lily E F Barry

It remains true that the real scope and authority of a man's work are conditioned on the man's character and that no radiancy of genius or skill of hand can conceal the limitations of character

Grant us the purpose, ribbed and edged'
with steel
To strike the blow.

[illegible]

John Drinkwater

Whether we ourselves shall have enjoyed a large or small share of the good things of the world, will be of no importance to us a hundred years hence, but it will be of the greatest importance whether we shall have employed the *faculties* and opportunities granted to us in the increase and diffusion of these benefits among others.

Whately

Care for others helps so surely in life's struggle, that it would be good policy for the naturally hard man to benefit others for purely selfish motives and still better

policy to cultivate kindness and consideration as qualities sure to be fruitful of profit. The kindly nature which leads to spontaneous good-will towards others, independently of any consideration of gain to self, is even more profitable than cultivated kindness

R W Trine

One beautiful feature of the principle of love and service is that this phase of one's personality can be grown. If it be asked how? I reply forget self get out of it for a little while and as it comes in your way, do something for some one, some kind service some loving favour, it makes no difference how small it may appear. But a kind look or word to one weary with care, from whose life all worth living for seems to have gone out, it may be that this is just the critical moment, a helping hand just now may change a life or a destiny. Show your

self a friend to one who thinks he or she is friendless.

Oh ! there are a thousand opportunities each day right where you are—not the great things far away, but the little things right at hand. With a heart full of love do something, experience the rich returns that will come to you and it will be unnecessary to urge a repetition. The next time it will be easier and more natural, and the next.

R. W. Trine.

Many things are difficult and dark to me, but I can see one thing quite clearly: that I must not, cannot, seek my own happiness by sacrificing others. Love is natural, but surely pity and faithfulness and memory are natural too. And they would live in me and punish me if I did not obey them. I should be haunted by the suffering I had caused. Faithfulness and constancy mean something else

besides doing what is easiest and pleasantest to ourselves. They mean renouncing whatever is opposed to the reliance others have on us, whatever would cause misery to those whom the course of our lives has made dependent on us.

George Eliot

Not a day passes in the common experiences of life, in which other people do not stand before us with their needs, appealing to us for some service which we can render them. It may be only ordinary courtesy, the gentle kindness of the home circle, the patient treatment of neighbours or customers in business relations, the thoughtful showing of interest in old people or in children. On all sides the lives of others touch us and we cannot do just as we please, thinking only of ourselves and our own comfort, unless we choose to be false to all the instincts of humanity.

J R Miller

Only when each man seeks not his own interest but the interest of society, is he truly human That is the goal which we are to keep in sight, not the obtaining of rewards, not the escape from punishment, but this sublime and perfect charity

F D Maurice.

Every deed of right or wrong fulfils two offices, it produces certain immediate *extrinsic* results and it contributes to form some *internal* disposition or affection Every act of wise benevolence goes forth, alleviates a suffering it goes *within*, and gives intenser force to the spirit of mercy

J Martineau.

It is true that we cannot make every one happy but it is in our power to prevent any good man losing quiet peace and joy from a fault of ours And this in itself is doing much To make others

Contented ! It is not possible for any human being to be perfectly happy in solitude, without the view of general happiness To be content, and to make content ! Let this be our motto for the future.

Hednrich Zschokke

True courtesy is something distinct from etiquette, compliments or conventional politeness It is not a ceremony but a sentiment It is the disinterested service of others in thought, speech and act, and is often shown more by what it does not do than by what it does The thoughtless word, the irritating tone the vexatious remark, anger and impatience, observations upon the appearance or manners of others, which do not affect us, nor injure us nor concern us and which we are not called upon to correct and which are part of the proper personal liberty of others—these are the wanton crimes of social tyrants, from whom there is no escape.

This is misery which many inflict all their lives without appearing to know it. The simple and considerate omission of these things would be true courtesy, though no acts of kindness or attention were added. True courtesy may be known by this—it gives what your neighbour or your friend cannot ask, the grace of it consists in this—that it volunteers what cannot be exacted. It needs no wealth but that of the mind and is the sign of a nobler character than wealth itself. Wealth is but the emblem of refinement, courtesy is the possession of it.

What had she done. Absolutely nothing, but radiant smiles beaming good humour, the tact of divining what every one felt and every one wanted told that she had got out of self and learned to think of others, so that at one time it showed itself in deprecating the quarrel which lowering brows and raised tones

already showed to be impending, by sweet words, at another by smoothing an invalid's pillow, at another, by soothing a sobbing child, at another, by humouring and softening a father who had returned weary and ill tempered from the irritating cares of business. None but she saw these things. None but a loving heart could see them. That was the secret of her heavenly power. The one who will be found in trial capable of great acts of love, is ever the one who is always doing considerate small ones.

and worry, I make myself wretched and fail to make those around me happier, I may well ask, in mournful accents that idle question Is life worth living ? If I not only fail so to make others happier but make them less happy and hand on gloom and misery to future ages I may not only ask it gloomily, but answer it sadly Life is not worth living Better were it lawful to cease the painful and useless the worse than useless contest But if, by due care and thought of self by reasonable enjoyment of the bright and pleasant things which life brings to most I in some degree help to counterpoise such pains and sorrows as life brings to all and at the same time help to brighten the lives of those around, how shall I doubt what answer to give to the question Is life worth living ? Not sad is the answer, but bright and cheery Life is well worth living

R. A. Procter

We must not check the impulse because counterfeit misery has abused our compassion and wasted our gifts, but rather direct it upon genuine poverty and stimulate it to the utmost. Such is the constitution of the world and the condition of man that if the relations are rightly managed the rich may get more good from the presence of the poor than the poor get from the gifts of the rich. The flow of compassion is healthful; obstruction in the channel breeds disease in the moral system. It is both health and happiness to a mother to have a helpless little living thing hanging on her breast and drawing its sus-

more. Direct it wisely and let it flow.

Whatever share you may be able to take in the wholesale benevolence of organised societies, you should also carry on a retail business by personal contact with the sufferers. Societies and pecuniary contributions are useful in their own place but even although they should satisfy the wants of the receiver, the greater blessing to the giver cannot come through these channels. Personal contact—face to face—heart to heart—hand to hand—this is the best to do good and get good.

Every one, young and old, rich and poor, should always be trying to do some good. There is abundant opportunity if there be the willing mind. Try to live in the world so that you will be missed when you leave it.

Rev. W. Arnot

It is of importance not only that we

should do good, but that we should do it in the best manner. A little judgment and a little reflection added to the gift doubles the value

Sydney

No greater power exists on earth for the elevation of society than the man or woman who lives in the pursuit of all truth, goodness and beauty, who as fast as the idea is grasped weaves it into the tissues of life, who by deeds as well as earnest, sincere words sheds ever a brighter and softer light upon every one around. Great beautiful and a joy to all souls are such while they live, and how ever humble their lot in society they will leave, when they die a fragrance behind them which will gladden the generations to come

Rev James Cranbrook

Many people with very best motives and intentions and with large capacity

for doing good, almost utterly fail of usefulness and throw their lives away because they lack the gift of tact. They perform their kindest deeds in such a way as to rob them of nearly all their power to comfort or cheer.

Others may not have one whit more sincere desire to be useful. They may have less rather than more power to give help, yet because of their gentle tact, they scatter gladness all about them, and are ever performing sweet ministries of good. Their suggestions of kindness do not come to them as after-thoughts when it is too late to render any help. They do not blunder into all sorts of cruelty when they try to alleviate sorrow. Their thoughtfulness seems intuitively to understand just what will be the best word to speak or the kindest and fittest thing to do. Tact has a wonderful power in smoothing out tangled affairs. In the home it is a

most indispensable oil Quiet tact will always have the soft word ready to speak in time to turn away anger It knows how to avoid unsafe ground It can put all parties into a good humour when there is danger of difference or clashing It is silent when silence is better than speech

Rev Dr J R Miller

If you have succeeded in winning people's hearts by friendliness, simplicity and courtesy the secret lay in this that you were not thinking of yourself Hold fast this mystic power, it is a spark from Heaven

Prince Consort

There is but one sight more beautiful than the mother of a family ministering happiness and sunshine to all, and that is a woman who having no family of her own, finds her life in giving cheer and comfort to all whom

she reaches and makes a home-atmosphere wherever she goes Though she has not the joy of wife and mother, she has that which is most sacred in wifehood and motherhood.

G S Merriam

Some words are like rays of sunshine, others like barbed arrows or the bite of a serpent And if hard words cut so deep, how much pleasure can kind ones give?

Sir J. Lubbock

Let the weakest, let the humblest remember, that in his daily course he can if he will, shed around him almost a heaven Kindly words, sympathising attentions, watchfulness against wounding men's sensitiveness; these cost very little but they are priceless in value Are they not almost the staple of our daily happiness? From hour to hour,

from moment to moment we are supported, blest by small kindnesses

F. W. Robertson.

Small kindnesses, small courtesies, small considerations, habitually practised in our social intercourse give a greater charm to the character than the display of great talents and accomplishments

M. A. Kelty.

Ministering angels are those welcome visitors with no wrinkle of care on their brow, and with sunlight in their eye They look out cheerily on the affairs of this tangled world, and tell us after all they might be much worse If we are sickly, they tell us we are "looking

eye demanded a recompense for seeing
the feet for walking ?

Marcus Aurelius

“ Human society with its needs and sorrows rightly regarded is the instrument of a Divine education and enlargement Heart-wealth increases by being given away The more we give out for man's sake the more we take back Every affectionate act amplifies the heart and intensifies its power of love and service This light is made more lustrous by the scattering of its beams

Rev R P Downes

Character is moulded in its best proportions by what is done for others, and it sinks to its lowest depths in those who only consider what they can take from others

Rev R P Downes

Wise sayings often fall on barren

ground, but a kind word is never thrown away

Sir A Helps

Amid all the changes and chances of this world of ours, our only happiness and peace are to be found in true love, in devotion to knowledge and in doing good
Goethe.

The wish to be good is a brave and proud wish, and every man to whom it is granted in even a small measure may well be very thankful But no intention is good in itself, it is only good in so far as it results in doing good

Goethe

The man of liberal charity considers who are the most needy, the most worthy and what are their different resources, and he adapts his charity to their state and character He clothes the naked, or feeds the hungry, or comforts

shall They tell us encouraging things about ourselves. They tell us kind things that are said about us, they praise our children, our good habits, our good deeds They point us to the silver lining in the cloud They tell us of good and pure and noble deeds They come like the sunshine, the flowers and the birds -Gods blessed angels -and when they go we clasp their hands saying, " Come again as soon as ever you can. "

Rev J H Shakespeare M A

If a man has a right to be proud of anything-it is of a good action done as it ought to be, without any base interest lurking at the bottom of it

Sterne

He is good that does good to others
If he suffers for the good he does he is
better still, and if he suffers from them
to whom he did good, he is arrived to

that height of goodness, that nothing but an increase of his sufferings can add to it, - if it proves his death his virtue is at its summit - it is heroism complete

Bruyere

One man, when he has done a service to another is ready to set it down to his account as a favour conferred. Another is not ready to do this but still in his own mind he thinks of the man as his debtor and he knows what he has done. A third in a manner does not even know what he has done but he is like a vine which has produced grapes and seeks for nothing more after it has once produced its proper fruit. What, man dost thou want when thou hast

The way to help a fellow-man and a brother to the higher and better life is not by ever prating upon and holding up to view his errors, his faults, his shortcomings, any more than in the case of children, but by recognising and ever calling forth the higher, the nobler, the divine, the God-like, by opening the doors and the windows of his own soul, and thus bringing about a spiritual perception that he may the more carefully listen to the inner voice that he may the more carefully follow the light that lighteth every man that cometh into the world. For in the exact proportion that the interior perception comes will the outer life and conduct accord with it so far and no further.

The highest exercise of charity is
charity towards the uncharitable :

Buckminster

The wisest charity is to help a man
to help himself To put a man in the way
of supporting himself gives him a new
lease of life makes him feel young again,
for it is very many times all the sick
man needs to restore him to perfect health

Dr W W Hall

The only true secret of assisting the
poor is to make them agents in bettering
their own condition

Archbishop Sumner

The truest philanthropists are those
who endeavour to prevent misery, depen-
dence and destitution, and especially those
who diligently help the poor to help
themselves

Smiles.

A man of true generosity will study
in what manner to render his benefaction
most advantageous

Melmoth.

He that giveth to the poor, lendeth
to the Lord

Solomon.

They who, bearing heavy burdens over
Life's most hilly road,
Strive to cheer a weaker brother,
Bowed beneath another load,
Who with young ones round about them,
Where full plenty never smiled,
Yet can stretch their heart and table
To let in an orphan child,
They who half-fed, feed the breadless,
In the travail of distress,

We are to relieve the distressed, to
 put the wanderer into his way, and to
 divide our bread with the hungry, which
 is but the doing of good to ourselves,
 for we are only several members of one
 great body

Seneca

Should Fortune pour her welcome store
 And useful gold abound
 He shares it with a bounteous hand
 And scatters blessings round
 The treasure spent is rightly spent
 And serves the end designed
 When held by Nature's gentleman
 The good, the just the kind
 He turns not from the cheerless home
 Where sorrows offspring dwell,
 He'll greet the peasant in his hut,
 The culprit in his cell
 He stays to hear the widow's plaint
 Of deep and mourning love,

He seeks to aid her lot below,
 And prompt her faith above;
 The orphan child, the friendless one,
 The luckless, or the poor,
 Will never meet his spurning frown,
 Nor leave his bolted door;
 His kindred circles all mankind,
 His country all the globe—
 An honest name his jewell'd star,
 And truth his ermine robe.

Eliza Cook

Whatever is good has that quality
 from itself; it is finished by its own
 nature, and commendation is no part of it.

Marcus Aurelius

It is in length of patience, and endurance,
 and forbearance, that so much of what is
 good in mankind and womankind is shown

Arthur Helps.

The light he leaves behind him lies
Upon the paths of men.

Longfellow.

Doing good does not so much depend
on the riches, as on the heart and the will.

Hannah More.

Great minds, like heaven, are pleased in
doing good,
Though the ungrateful subjects of their
favours
Are barren in return.

Rowe.

There is, there can be, no greatness
in things, in material things of them-
selves. The greatness is determined entirely
by the use and disposition made of them.
The greatest greatness, and the only true
greatness, in the world is unselfish love
and service and self-devotion to one's
fellow-men.

R. W. Trine.

Those who would conscientiously employ power for the good of others, deserve it, but do not desire it, and those who could employ it for the good of themselves, desire it, but do not deserve it.

Colton.

From the time that the mother binds the child's head till the moment that some kind assistant wipes the damp from the brow of the dying, we cannot exist without mutual aid all, therefore, that need aid, have a right to ask it from their fellow mortals, none who holds the power of granting aid, can refuse it without guilt.

W Scott

through lack of receiving that support
which it was in thy power to afford.

Sturm.

Love thyself last. The world shall be
made better
By thee, if this brief motto forms thy
creed;

Go, follow it in spirit and in letter.
This is the true religion which men need,
Ella Wheeler Wilcox.

He's true to God who's true to man;
wherever wrong is done,
To the humblest and the weakest, 'neath
the all-beholding sun,
That wrong is also done to us and
they are slaves most base,
Whose love of right is for themselves, and
not for all their race.
Lowell.

Kindness does not consist in gifts,
but in gentleness and generosity of spirit—
men may give their money which comes

from the purse and withhold their kindness which comes from the heart. The kindness that displays itself in giving money does not amount to much, and often does quite as much harm as good, but the kindness of true sympathy, of thoughtful help, is never without beneficent results.

Smiles

self. In other words, it is not sicklied o'er with a semi-insane desire for notoriety or vain glory, and hence never weaken itself nor harasses any one else by lengthy recitals of its good deeds. It is not the professional good doing - It is simply living its natural life, open-minded, open-hearted doing each day what its hands find to do, and in this finding its own true life and joy.

R. W. Trine

Compassion is an emotion of which we ought never to be ashamed. Graceful, particularly in youth, is the tear of sympathy, and the heart that melts at the tale of woe, we should not permit ease and indulgence to contract our affections and wrap us up in a selfish enjoyment. But we should accustom ourselves to think of the distresses of human life, of the solitary cottage, the dying parent, and weeping orphan.

Nor ought we ever to sport with pain and distress in any of our amusements, or treat even the meanest insect with wanton cruelty.

Dr. Blair.

Let not thy time of leisure be idle and
unproductive of good,
For active hands lie not fallow; if
flowers do not spring to life
Weeds will; therefore, let all the intervals
of time be occupied
With some especial task, so that all,
well filled and garnished,
Like a well-ordered garden, fruits and
flowers and shrubs may rise
Throughout the various year, for orna-
ment, for profit and for use.
Charles Henry Hanger.

Men who in old age strive only to increase their already great hoards, are usually slaves of the habit of hoarding formed in their youth. At first they own the money they have made and saved.

Later in life the money owns them and they cannot help themselves, so overpowering is the force of habit, either for good or evil. It is the abuse of the civilized saving instinct and not its use, that produces this class of men.

No one need be afraid of falling a victim to this abuse of the habit if he always bears in mind that whatever surplus wealth may come to him is to be regarded as a sacred trust, which he is bound to administer for the good of his fellows. The man should always be master. He should keep money in the position of a useful servant. He must never let it master and make a miser of him.

Andrew Carnegie

Riches are for spending, and spending for honour and good actions.

Bacon.

There is no wiser use than those who have great accumulations can make of them than wisely to put them into life, into character, day by day while they live. In this way their lives will be continually enriched and increased. The time will come when it will be regarded as a disgrace for a man to die and leave vast accumulations behind him.

R. W. Trine.

Neglect no opportunity of doing good.

Atterbury.

When we would convince men of any error by the strength of truth, let us withal pour the sweet balm of love upon their heads. Truth and love are two of the most powerful things in the world; and when they both go together they cannot easily be withstood. The golden beams of truth, and the silver cords of love, twisted together, will draw men on with a sweet violence, whether they will or no.

Cudworth.

Those who really desire to be of service to society should point out decidedly, but with temperate indulgence for the feelings and opinions of others, whatever appears to them absurd or reprehensible in any prevailing customs, having done this, they will rest in the persuasion, that what is most reasonable will ultimately prevail

Maria and R L Edgeworth.

To take delight in doing good
 In justice truth and candour
 In aiding those who suffer oppress
 Administering comfort to distress,
 These these are joys which all who prove
 Anticipate the bliss we
 These are the joys and these alone
 We ne'er repent or wish undone

Bewick.

I know not why we should delay our

tokens of respect, to those who deserve them, until the heart, that our sympathy could have gladdened has ceased to beat. As men cannot read the epitaphs inscribed upon the marble that covers them, so the tombs that we erect to virtue often only prove our repentance that we neglected it when with us

Eulwer Lytton

Is not making others happy the best happiness? To illuminate for an instant the depths of a deep soul to cheer those who bear by sympathy the burden of so many sorrow-laden hearts and suffering lives, is to me a blessing and a precious privilege. There is a sort of religious joy, in helping to renew the strength and courage of noble minds. We are surprised to find ourselves the possessors of a power

of which we are not worthy, and we long to exercise it purely and seriously

There is only one way of not hating those who do us wrong and that is by doing them good, anger is best conquered by kindness

To give happiness and to do good that is our only law, our anchor of salvation our beacon light our law for existing Our religions may crumble away, so long as this survives we have still an ideal, and life is worth-living.

To be unselfish we must love to love we must believe in the reality of what we love, we must know how to suffer, how to forget ourselves how to yield ourselves up—in a word how to be serious

This world is a world of men, and these men are our brothers We must not banish from us the divine breath, we

must love Evil must be conquered by good, and before all things one must keep a pure conscience.

Life should be a giving birth to the soul, the development of a higher mode of Reality. This heavenly alchemy is what justifies our presence on the earth it is our mission and our glory.

The munspring of life is in the heart Joy is the vital air of the soul. To make any one happy, then is strictly to augment his store of being to double the intensity of his life, to reveal him to himself, to ennoble him and transfigure him.

Our duty is to be useful not according to our desires but according to our powers.

Do not let us wait to be just or pitiful or demonstrative towards those we love until they or we are struck down by illness or threatened with death. Life is short,

and we have never too much time for
gladdening the hearts of those who are
travelling the dark journey with us Oh
be swift to love, make haste to be kind !

Self-interest is but the survival of
the animal in us Humanity only begins
for man with self surrender

Amiel

The best help is not to bear the
troubles of others for them but to inspire
them with courage and energy to bear
their burdens for themselves and meet
the difficulties of life bravely

is not enough to love those who are dear to us. We must show that we do so. Many of us, through ignorance, thoughtlessness, or want of judgment, wound those whom we love best and most wish to help.

Lord Avebury

So powerful is the sympathy of mind when prompted by love, that we have our dwelling in one another.

What are the poor to whom we give but our carriers by whom we convey our goods from earth to heaven? Give then; thou art but giving to thy carrier, he carrieth what thou givest to heaven.

let him feed the poor, clothe the naked, build a church, do with his gold all the good he can. Another has wisdom, let him guide his neighbour and show him the best path to walk in. Another has learning, let him strengthen the faithful, recall the wandering and seek the lost. Something there is which even the poor may do for each other: let one lead feet to the lame, another a hand to guide the blind; another go forth to visit the sick, and another to bury the dead.

It is reported of harts that, having to travel far by lands on the land, or else to pass over some great water, they go behind one another, and when the foremost is weary, then he resteth his weary head upon the hindmost and so, mutually bearing one another's burden they come happily to the place where they would be. Thus, as the souls of holy men long and thirst after God with whom is the

have given to the world, not because of
what the world has given them

Rev. Charles E Anderson.

Beautiful hands are those that do
Work that is earnest, brave, and true,
Moment by moment the long day through.
Beautiful feet are those that go
On kindly ministries to and fro,
Down lowliest ways, if God wills so.
Beautiful shoulders are those that bear
Ceaseless burdens of homely care
With patience, grace, and daily prayer.
Beautiful lives are those that bless,
Silent rivers of happiness,
Whose hidden fountains none can guess

E. P. Allerton

A brother's sufferings claim a brother's
pity

Addison

You cannot hurt anybody without
receiving greater hurt yourself.

Dr. Arnot

If thou intendest to do a good act, do it quickly, and then thou wilt excite gratitude, a favour if it be slow in being conferred causes ingratitude.

Ansonius

Ask thyself daily to how many ill-minded persons thou hast shown a kind disposition.

Marcus Antoninus.

Half the misery of human life might be extinguished by mutual offices of compassion, benevolence, and humanity

Addison.

Comfort the poor, protect and shelter the weak, and with all thy might write that which is wrong Then shall the Lord love thee, and God Himself shall be thy great reward

Alfred the Great.

When you have done a kindness, and

your neighbour is the better for it who
 need you be so foolish as to look any
 farther and gape for reputation and
 requital ?

M Aurelius

For those who love the world is wide,
 But not for those who hate

T B Aldrich

I want a kind and tender heart
 others wants to feel,
 A soul secure from evil's dart
 And bosom arm'd with steel,
 To bear Divine Chastisement's rod
 And mingling in my plan
 Submission to the will of God
 With charity to man

J Q Adams

high aspirations—victories gained over our own hearts and inclinations.

L L Allen

Which will you do—Smile and make others happy, or be crabbed, and make every one around you miserable ? The amount of happiness you can produce is incalculable, if you show a smiling face, and speak pleasant words, there is no joy like that which springs from a kind act, or pleasant deed, and you may feel it at night when you rest, and at morning when you rise, and through all the day when about your business.

Maried Agoult.

Make all flesh kin. There is no caste
in blood,
Which runneth of one hue, nor caste
in tears
Which trickle salt withal..... . Who
doth right deed

Is twice born, and who doth all deeds,
vile.

E Arnold.

You say—' I have no room where to
bestow goods ' You have the means of
making room, never fear I take you at
your word You need not pull down your
barns I will show you where you may
better bestow your corn where you may
fence it in well, so that thieves may not
be able to take it away Enclose it in the
hearts of the poor where no weevil can
devour it, no lapse of time damage it
You have garner—the laps of the poor;
you have garner—the houses of widows,
you have garner—the mouths of infants
These are garner which last for ever,
these are barns which no future plenty
can require you to pull down If the
earth renders you fruits more plentiful
than it received, how much more will the

recompense of mercy render to you many times what you have bestowed.

S Ambrose.

Every man is at once both benefactor and beneficiary Every good deed you do you ought to thank your fellow-men for giving you an opportunity to do; and they ought to be thankful to you for doing it

Whate'er thou lovest, man, that too become thou must; God, if thou lovest God, dust, if thou lovest dust.

Be good that you may be well, be well that you may be good

No man has come to true greatness who has not felt in some degree that his life belongs to his race, and that what God gives him, He gives him for mankind.

Labour, personal effort, personal

intercourse with the poor, these must come in before the work can be done. You cannot do your duty to the poor by a society, your life must touch their life.

The soul that trifles and toys with self-sacrifice never can get its true joy and power. Only the soul that with an overwhelming impulse and a perfect trust gives itself up for ever to the lives of other men, finds the delight and peace which such complete self-surrender has to give.

The first thing that men must do in order that they may really thoroughly relieve the poor, is to profoundly recognize that there can be no complete and permanent relief until not merely men who have money shall have given it to men who have no money, but until men who have character shall have given it to men who

are deficient in that last and only real possession. Not till you make men self-reliant, intelligent, and fond of struggle, fonder of struggle than of mere help—not till then have you relieved poverty.

We are at our best when we try to do it not for ourselves alone, but for our brethren; and we take God's gifts most completely when we realize that He sends them to us for the benefit of other men who stand beyond us needing them.

No man or woman of the humblest sort can really be strong, gentle, pure, and good, without the world being better for it, without somebody being helped and comforted by the very existence of that goodness.

Phillips Brooks.

Liberality consists less in giving profusely than in giving judiciously.

-He is good that does good to others.]

If he suffers for the good he does, he is better still, and if he suffers from them to whom he did good, he is arrived to that height of goodness that nothing but an increase of his sufferings can add to it, if it proves his death his virtue is at its summit,—it is heroism complete.

Ernyere

In this world it is not what we take up, but what we give up, that makes us rich

Some men move through life as a band of music moves down the street, flinging out pleasure on every side through the air, to every one far and near, that can listen

The supreme art of life above all other arts is the art of living together justly and charitably There is no other thing that is so taxing, requiring so much education, so much wisdom, so much practice, as how to live with our fellow—

men. In importance this art exceeds all productive industries which we teach our children. All skill and knowledge aside from that is as nothing. The business of life is to know how to get along with our fellow-men.

Do not keep the alabaster boxes of your love and tenderness sealed up until your friends are dead. Fill their lives with sweetness. Speak approving, cheering words while their ears can hear them, and while their hearts can be thrilled by them.

H. W. Beecher

To dignify the day with deeds of good,
To constellate the eve with holy thoughts,
This is to live.

Truly to love ourselves we must love God,
To love God, we must all his creatures
love.

Life's more than breath and the quick
round of blood,

'Tis a great spirit and a busy heart
We live in deeds, not years, in thoughts
not breaths
In feelings not in figures on a dial
We should count time by heart-throbs
He most lives
Who thinks most, feels the noblest acts
the best

P J Bailey

Give up the world and self, and all that is of them, that you may serve God and man with all you have and are, let that principle work in your life, till self is wholly lost.

A few more smiles of silent sympathy,
a few more tender words a little more
restraint on temper may make all
the difference between happiness and half
happiness to those I live with

Pour forth all the odour, colour charm
and happiness you have to all your

friends, to your home, to your daily society, to the poor and sorrowful, the joyous and the prosperous Brighten darkened lives, soften the rude, make a sunshine of peace in stormy places, cover the faults and follies of men with the flowers of love Love others, and you will spread the delight of youth over all whom you meet, and in doing so, you will live intensely; for you will have within not only your own life, but also the lives of all whom you bless by love That is the best religion

Stopford Brooke

Of great riches is no real use, except it be in the distribution, the rest is but conceit

He that defers his charity until he is dead is if a man weighs it rightly rather liberal of another man's goods than his own

Goodness I call the habit, and good-

ness of nature the inclination. This, of all virtues and dignities of the mind, is the greatest, being the character of the Deity; and without it man is a busy, mischievous, wretched thing

Bacon

Whoever sincerely endeavours to do all the good he can, will probably do much more good than he imagines or will ever know, till the day of judgment, when the secrets of all hearts shall be made

and this is a point in which we are very apt to deceive ourselves, and to shelter our indolence under the pretence of inability Let us never be discouraged by any difficulty which may attend what we know to be our duty, for, if we do our best, we are secure of an all-powerful assistance nor let us ever think any occasion too trifling for the exertion of our best endeavours, for it is by constantly aiming at perfection, in every instance that we may at length attain to as great a degree of it as our present state will admit of.

Bowdler.

Virtue must be formed and supported not by unfrequent acts, but by daily and repeated exertions In order to its becoming either vigorous or useful, it must be habitually active, not breaking forth occasionally with a transient 'usure, like the blaze of a comet, but regular in

its returns, like the light of day: not like the promatic gale, which sometimes feasts the sense; but like the ordinary breeze, which purifies the air, and renders it bealtbful.

Years may pass over our heads without affording any opportunity for acts of high benevolence of extensive utility; whereas, not a day passes but, in the common transactions of life, and especially in the intercourse of domestic society, gentleness finds place for promoting the happiness of others, and for strengthening in ourselves the habit of virtue. Nay, by reasonable discoveries of a humane spirit, we sometimes contribute more materially to the advancement of happiness than by actions which are seemingly more important. There are situations in human life when the encouraging reception, the condescending behaviour, and the look of sympathy, bring great relief to the heart than the most bountiful gift.

While, on the other side, when the hand of liberality is extended to bestow the want of gentleness it is sufficient to frustrate the intention of the benefit. We sours those whom we mean to oblige, and by conferring favours with ostentation and harshness, we convert them into injuries.

Compassion is an emotion of which we ought never to be ashamed. Graceful, particularly in youth, is the tear of sympathy and the heart that melts at the tale of woe. We should not permit ease and indulgence to contract our affections and wrap us up in a selfish enjoyment, but we should accustom our-selves to think of the distresses of human life, of the solitary cottage, the dying parent and the weeping orphan, nor ought we ever to sport with pain and distress in any of our amusements, or treat even the meanest insect with wanton cruelty.

Blair.

Affliction's sons are brothers to distress
A brother to relieve, how exquisite the
bliss :

Through all His works abroad,
The heart benevolent and kind
The most resembles God

R. Burns

No human being can come into this
world without increasing or diminishing
the sum total of human happiness not
only of the present but of every sub-
sequent age of humanity

Elihu Burritt

How like a paradise the world would be,
flourishing in joy and rest, if men would
cheerfully conspire in affection and help-
fully contribute to each others content !

Barrow

The nearer one gets to God, the more good one can and will do for his fellow-men

Harbour

Gifts are as gold that adorns the temple, grace is like the temple that sanctifies the gold

Burkitt

Your actions in passing pass not away for every good work is a grain of seed for eternal life

S Bernard

Those who bring sunshine to the lives of others cannot keep it from themselves

J M Barrie

To be a good patriot a man must consider his countrymen as God's creatures, and himself as accountable for his acting towards them

Bishop Berkeley

True service implies giving, the surrender of time or taste, the subjection of self to others, the gift which is neither noticed nor returned

Canon Barnett

A good deed is never lost, he who sows courtesy reaps friendship, and he who plants kindness gathers love; pleasure bestowed upon a grateful mind was never sterile, but generally gratitude begets reward

Basil

Always laugh when you can; it is a cheap medicine. Merriment is a philosophy not well understood. It is the sunny side of existence.

Byron.

Whatsoever good thing thou beginnest to do, first of all beg of God with most earnest prayer to perfect it unto the end.

S Benedich

At the end of life we shall not be asked how much pleasure we had in it, but how much service we gave in it, not how full it was of success, but how full it was of sacrifice, not how happy we were, but how helpful we were; not how ambition was gratified, but how love was served. Life is judged by love; and love is known by her fruits.

H Black

Speak gently to the erring !
 And thou may'st lead them back,

and a blessing to the other. All are parts of one harmonious whole; every part contributing to the general mass of happiness, if man would but endeavour to repay his debt of gratitude to his Creator, and by a willing habit of usefulness promote the happiness of himself and his fellow-creatures.

Sir Thomas Bernard.

A kind action is never lost, cannot be lost, in the highest, truest and best sense, for angel-hands are quick to carry it to the Eternal Father, but on earth many a kind action, many a brave deed goes unrewarded, even unrecognized, and why? because the bravest deeds, the kindest actions are done silently, cheerfully, unostentatiously. Some people, of course, send the crier round the town to proclaim their philanthropy, and they get what they crave for—laudation in plenty. Others go quietly on their way.

unnoticed, often unthanked. Many a
 hero has won his Victoria Cross, yet
 never received it. Many a worker deserv-
 ed the statue in the market place which
 was never erected to him. I do not say
 it is always so, sometimes even in this
 world men and women reap an unexpect-
 ed harvest of gratitude. Sometimes the
 reward comes a little late, when words of
 praise fall unheeded on deaf ears, and the
 laurel wreath that might have been woven,
 oh ! so much sooner, can only be laid with
 the white lilies on a coffin lid. It is hard,
 we think, and unjust that it should be so,
 but there is a great deal of hardness and
 seeming injustice in life, yet after all
 what matters it ? Statues and laurel
 medals avail but little at the last And

great or small, say the gracious word,
 strive to be noble, pure, and brave, not
 looking for, nor expecting gratitude or
 praise May-be the reward will come in
 this life, it sometimes does; may-be not
 until we reach " the bourne from whence
 no traveller returns " and in that country
 where men see with clearer eyes, we will
 know the " why " and " wherefore " of
 the things that perplex us here

Not what has happened to myself
 to-day, but what has happened to others
 through me—that should be my thought

F D Blake.

Rise, woman, rise

To thy peculiar and best altitudes,
 Of doing good and of enduring ill,
 Of comforting for ill, and teaching good,
 And reconciling all that ill and good
 Unto the patience of a constant hope.
 Thy love shall chant its own beatitudes
 After its own life working A child's kiss

Set on thy singing lips shall make thee
glad
A poor man served by thee shall make
thee rich,
A sick man helped by thee shall make
thee strong;
Thou shalt be served thyself by every sense
Of service which thou renderest

E. B Browning

You are waiting to do some great thing you are all waiting to pull down some great evil Perform the small things that are unseen and they will bring other and greater things for you to perform If I should call for men to lay down their lives for the country there should be an army of you arise to perform this grand act of heroism You would bleed and die for your country Citizenship does not demand any such act of heroism Do the small things and the first one that

comes to you, and a second will immediately come

John Bright

Love as many persons and as many creatures as you possibly can Love is the only power by which you can make yourself rich in a moral world Love especially all innocent good and beautiful things Love flowers love children love above all things good and chaste women them you cannot love too much their love will always benefit you and never do you any harm

J S Blackie.

Never respect men merely for their riches but for their philanthropy we do not value the sun for its height but for its use

We can most of us do an unselfish thing now and then if we are to have the credit of it, but it is only the saints of ordinary life who can make a great

sacrifice for the sake of others and take care to prevent their discovering it as a sacrifice

J C Bailey

‘ Oh ! Could I lift, ” a dreamer cried,
 ‘ These bitter burdens of the poor,
 Grant them the joys of life denied,
 Soften the sorrows they endure
 Lighten the cloud of ignorance
 For all the helpless, hopeless throng
 And win them some deliverance
 From brutish cruelty and wrong
 What blessedness could life contain
 To equal this ? Alas ! that still
 The dear desire should be in vain
 The power be lacking to the will ! ’
 Upon his way the dreamer went,
 Nor heeded what he left undone
 When helping hands he might have lent
 To many an over-wearied one
 His soaring fancies far out ran
 The hungry child he could have fed

And overlooked the sad old man
 That a kind word had comforted
 Poor dreamer !—and poor heart of mine
 That happy equal pity needs—
 What blessedness were surely thine
 Had dreaming given place to deeds !

Mary Bradley

That charity is most useful which removes obstructions to well-doing, and temptations to evil from the way of the poor, and encourages them to strive for their own good

Man has rights by nature . They may all be comprised in the right which belongs to every rational being, to exercise his powers for the promotion of his own and others happiness and virtue These are the great purposes of his existence For these his powers were given, and to these he is bound to devote them He is bound to make himself and

others better and happier, according to his ability His ability for this work is a sacred trust from God, the greatest of all trusts He must answer for the waste or abuse of it

W E Channing

Infinite is the help man can yield to man

Sympathy is the safeguard of the human soul against selfishness

It is the salvation of a noble nature to have some task of self denial some motive for self-sacrifice left when all that made the daily burden of life endurable has passed away

To make some nook of God's creation a little fruitfuller, better, more worthy of God to make some human hearts a little wiser, manfuller happier more blessed less accursed It is work for a god

T Carlyle

Cause me to hear that by my entreaties some one has gone and thrown both his arms about his enemy, has embraced him, has kissed him, and has wept. And though the other be a wild beast or a stone, he will be made gentle by such affectionate kindness.

Make God your debtor, and then you may ask of Him, and receive with usury. We are not heard barely for the lifting up of our hands. Stretch forth your hands, not only to heaven, but to the poor. If you stretch out your hands to the poor, you touch the very height of heaven, for He that sits there receives your alms, but if you lift up barren hands, it profiteth nothing.

word is a better thing than "gift," and
 " answer the poor man peaceably with
 meekness. "

Alms may be done not only by money
 but also by acts For example, one may
 kindly stand by a person to succour and
 defend him, one may reach to him a
 helping hand, the service rendered by
 act has often done more good even than
 money.

" Condescend to man of low estate "
 Bring thyself down to their humble con-
 dition, ride or walk with them; reach
 fourth thy hand to hand, as father taking
 care of a child This " acting nobly

Charity is the mother of good deeds,
 not bare words or mere ways of speaking
 to men, but taking care of them, and a
 putting forth of itself by relieving poverty,
 lending aid to the sick, rescuing from
 dangers standing by our fellow-creatures

in difficulties, weeping with them that weep, and even rejoicing with them that rejoice.

He that would become rich, let him become poor that he may be rich, let him spend that he may collect, let him scatter that he may gather. This seems novel and paradoxical, but look to the sower, and consider that he cannot in any other way gather more together save by scattering what he hath, and letting what is at hand. Therefore let us now sow and till the heaven, that we may reap the the abundance of the ages to come.

Love is a great teacher, and able both to withdraw men from error, and to reform the character, and to lead them by the hand unto self-denial, and out of

who should neither steal nor insult thee; who, moreover, should keep from drunkenness and every other kind of vice, and yet should sit perpetually in idleness, and not doing one of those duties which a servant owes to his master, wouldst thou not chastise him ? wouldst thou not put him to the rack ? Doubtless thou wilt say I would. And yet, forsooth, he has done no evil. No, but this is in itself doing evil. But let us apply this to other cases in life. Suppose, then, that of a husbandman. He does no damage to our property, he lays no plot against us, and he is not a thief, he only ties his hands behind him and sits at home, he neither sows, nor cuts a single furrow nor harnesses an ox to the yoke, nor looks after a vine, nor, in fact, discharges any one of those labours required in husbandry. Now, I ask, should we not chastise such a man ? and yet he has done no wrong.

to any one, we have no charge whatever to make against him No, but by this very thing has he done wrong He does wrong in that he does not contribute his own share to the common stock of good

S Chrysostom

Posthumous charities are the very essence of selfishness when bequeathed by those who when alive, would part with nothing

He that will not permit his wealth to do any good to others while he is living prevents it from doing any good to him self when he is dead, and by an egotism that is suicidal and has a double edge, cuts himself from the truest pleasure here and the highest happiness hereafter

pity men for enduring it is the death-bed reflection that we have possessed the power of doing good, but that we have abused and perverted it to purposes of ill

Three great essentials to happiness are—some thing to do, something to love, something to hope for

Colton.

The office of liberality consisteth in giving with judgment Kindness misplaced is nothing but a curse and disservice

Men resemble the gods in nothing so much as in doing good to their fellow-creatures

Cicero

He prayeth well who loveth well
Both man, and bird and beast

He that works me good with unmoved
face,
Does it but half, he chills me while he
sits,

My Benefactor, not my Brother—Man

C. J. Coleridge

Every man is a missionary now and for ever, for good or for evil, whether he intends, or designs it or not. He may be a blot, radiating outward to the very circumference of society his dark influence, or he may be a blessing, spreading benediction over the length and breadth of the world, but a blank he cannot be.

Live for something. Do good, and leave behind you a monument of virtue that the storms of time can never destroy. Write your name in kindness, love, and mercy, on the hearts of the thousands you come in contact with year by year, and you will never be forgotten. No, your name, your deeds, will be as legible on the hearts you leave behind as the stars on the brow of evening. They will shine as brightly on the earth as the stars of heaven.

Chalmers

Comfort one another with the hand clasp
close and tender

With the sweetness love can render,
And the looks of friendly eyes;
Do not wait with grace unspoken
While life's daily bread is broken ;
Gentle speech is oft like manna from the
skies

But as we meet and touch each day,
The many travellers on our way,
Let every such brief contact be
A glorious helpful ministry
The contact of the soil and seed —
Each giving to the others need,
Each helping on the others best,
And blessing each as well as blest

S Coolidge.

Help and give willingly when thou
hast the means, and think thyself none
the greater, and when thou hast nothing
more, give the cup of cold water, and
think none the less of thyself

Claudius.

Something each day—a smile,
 It is not much to give,
 And the little gifts of life
 Make sweet the days we live,
 The world has weary hearts
 That we can bless and cheer,
 And a smile for every day
 Makes sunshine all the year
 Something each day—a word,
 We cannot know its power,
 It grows in fruitfulness
 As grows the gentle flower
 What comfort it may bring
 Where all is dark and drear
 For a kind word every day
 Makes pleasant all the year
 Something each day—a thought,
 Unselfish good and true
 That meets another's need
 While we our way pursue
 That seeks to lighten hearts,
 That leads to pathways clear;

For a helpful thought each day
Makes happy all the year

Something each day—a deed
Of kindness and of good
To link in closer bonds
All human brotherhood
Oh thus the heavenly will
We all may do while here
For a good deed every day
Makes blessed all the year

G Cooper

As the tree is known by its fruit, the
gold by the touch and the bell by the
sound, so is a man's birth by his bene-
volence his honour by his humility and
his calling by his courtesy

Cawdray

A kind word is the cup of water that
prevents the earth droughts from shrivell-
ing some beautiful soul growth and
liberating it from its prison-house of clay.

sending it heavenward to distil its
fragrance—its own awakened word into
infinity of being.

E. D. Casterline.

True love is humble, thereby is it known,
Girded for service, seeking not its own;
Vaunts not itself, but speaks in self-
dispraise.

Abraham Coles.

Goodness is generous and diffusive.
It is largeness of mind, and sweetness of
temper,—balsam in the blood, and justice
sublimated to a richer spirit.

Jeremy Collier.

Clemency alone makes us equal with
the Gods.

Clandianna.

Stately is Service accepted, but love-
lier is Service rendered.

Clough.

Better to expose ourselves to ingratitude than fail in assisting the unfortunate

Du Cocur

He who lives well is the best preacher

Cervantes

Give what ye can spare, and be ye sure,
He serves his Maker who aideth the poor

Eliza Cook

The truest and surest way in which
we can serve our fellowmen is not so
much to *do* anything for them, but to *be*
the very truest, purest, noblest beings, we
know how

Miss Cobbe

It is an old saying, that charity
begins at home But this is no reason it
should not go abroad A man should live
with the world as a citizen of the world.
He may have preference for the parti-
cular quarter or square, or even alley, in
which he lives, but he should have a

generous feeling for the welfare of the
whole

Cumberland

A word, a look of sympathy,
A penny generously bestowed,
A simple act of courtesy,
A kindly influence shed abroad,
Will from the soul lift many a load
These angel deeds, grand and sublime,
Like ripples on the restless sea,
Sweep over the fretful stress of life,
And reach into eternity

P Clayton

Pure in her arm, and in her temper mild,
Her wisdom seems the weakness of a
child
She makes excuses where she might
condemn,
Reviled by those that hate her, prays for
them.
Suspicion lurks not in her artless breast;
The worse suggested, she believes the
best,

Not soon provok'd however stung and
teas'd,
And, if perhaps made angry, soon appeas'd;
She rather waives than will dispute her
right,
And injured, makes forgiveness her delight.
Cowper.

Consider this, your goodness is of no use if you are not good to others. The good of goodness is that you can wrap others inside it. It ought to be like a big cloak that you have on on a cold night, while the shivering person next to you has none. If you don't make use of your goodness, what is the good of it?

Mrs. Clifford

The secret of giving affectionately is great and rare. It requires address to do it well; otherwise we lose instead of deriving benefit from it. This man gives lavishly in a way that obliges no one.

The manner of giving is worth more than the gift. Another loses intentionally at a game, thus disguising his presence. Another forgets a jewel, which would have been refused as a gift.

Corneille

How often do we sigh for opportunities of doing good, whilst we neglect the openings of Providence in little things, which would frequently lead to the accomplishment of most important usefulness?

Crabb.

True worth is in being not seeming.
 In doing, each day that goes by,
 Some little good not in the dreaming
 Of great things to do by and by
 For whatever men say in blindness,
 And spite of the fancies of youth,
 There's nothing so kingly as kindness
 And nothing so royal as truth

Alice Carey

We must impart our wealth benevolently; avoiding the extremes of meanness and ostentation. We must not let our love of the beautiful run into selfishness or excess, lest it should be said of us—"His horse, or his farm, or his servant, or his plate, is worth fifteen talents, while he himself would be dear at three farthings."

S. Clement.

We communicate happiness to others not often by great acts of devotion and self-sacrifice but by the absence of fault-finding and censure, by being ready to sympathize with their notions and feelings, instead of forcing them to

The Kingdom of God is a Society for the best men working for the best end, with the highest motive according to the best principle

Put a seal upon your lips and forget what you have done After you have been kind, after love has stolen forth into the world and done its beautiful work, go back into the shade again and say nothing about it Love hides even from itself

Where love is, God is He that dwelleth in love dwelleth in God God is Love Therefore love Without distinction, without calculation without procrastination, love

The spectrum of Love has nine ingredients—Patience, kindness generosity, humility courtesy, unselfishness, good temper, guilelessness sincerity—these make up the supreme gift, the stature of the perfect man

Half the world is on the wrong seat in the pursuit of happiness. They think it consists in having and getting, and in being served by others. It consists in giving and serving others.

The greatest thing, says some one, a man can do for his Heavenly Father is to be kind to some of His other children. I wonder why it is that we are not all kinder than we are. How much the world needs it ! How easily it is done ! How instantaneously it acts ! How infallibly it is remembered ! How superabundantly it pays itself back !—for there is no debtor in the world so honourable, so superably honourable as love.

Henry Drummond.

Some people think that doing good demands large means, but the true meaning of the word asks not largeness of means, but largeness of heart.

Prayer is not the continual invocation of God in words, but the perpetual and acknowledged recognition in our practice of His wishes, His ways, and His thoughts.

The power of doing good, and the passionate desire to do good, increase with exercise.

George Dawson.

Love for dumb animals, affection for children, commiseration for the weak and helpless, regard for the aged and the suffering, pity for the oppressed,—all these are natural to women.

Sympathy is that fine faculty through which we enter into the concerns of others and are interested in what they do or suffer.

R. P. Downes.

Learn to make the most of life: lose
no happy day,
Time will never give thee back chances
swept away;

Leave no tender word unsaid, love while
 love shall last

The mill cannot grind with the water
 that is past

S. Doudney.

Just a gentle smile will cheer us

When life's hill is very steep

Just a kindly word will help us

When a frown would make us weep

e ne on the waters,

Just the rainbow in the sky,

Just a little love, so little,

And its value is so high

E Deeley

Religion consists in framing our whole life and all our acts, upon a distinct view of our position as created beings, charged by the fact of our creation, with duties both to our fellow-creatures and to our Creator

I am beginning seriously to believe that all bodily aid to the poor is a mistake

and that the real thing is to let things work themselves straight; whereas by giving alms you keep them permanently crooked Build school-houses, pay teachers, give prizes, frame work-men's clubs, help them to help themselves, lend them your brains, but give them no money except what you sink in such undertakings as above

Edward Denison

No radiant pearl, which crested Fortune
wears,

No gem, that twinkling hangs from
Beauty's ears,

Not the bright stars, which Night's blue
arch adorn,

Nor rising Sun, that gilds the vernal morn,
Shine with such lustre as the tear that
flows

Down Virtue's manly cheek for others' woes.

Erasmus Darwin

He who receives a favour must retain a recollection of it for all time to come, but he who confers should at once forget it, if he is not to show a sordid and ungenerous spirit To remind a man of a kindness conferred on him and to talk of it, is little different from reproach

Demosthenes.

To use body and mind, with all the powers working together for love's sake, for friendship, for patriotism, for humanity—this is the essence of what we call by the highest term—*Life Eternal* For this is the quality of the life of God

Charles F Dole.

A more glorious victory cannot be gained over another man than this that the injury began on his part the kindness should begin on ours

Dodd

'No one is useless in this world who lightens the burden of it to anyone else

Dickens

Life is not made up of great sacrifices of duties, but of little things, of which smiles and kindness and small obligations given habitually, are what win and preserve the heart.

Sir Humphrey Davy.

To give and benefit one person is good, But to give and benefit many, much better-as bearing a resemblance to the benefits of God, Who is the universal benefactor

Dante

An arm of aid to the weak,
A friendly hand to the friendless,
Kind words so short to speak
But whose echo is endless.
The world is wide these things are
small,
They may be nothing-but they are
all !

W. C Gannet.

Oh, may our sympathizing breasts
The generous pleasure know,

The law which we have to obey—the law by which we shall be judged—is not a law which, like all human legislation, defines in precise terms the acts and the words which it forbids or imposes a mere external restraint on speech and conduct. It is a law which demands and inspires the free consent of the heart. It is what has been called the *Royal law*. It is less concerned with forbidding sins than with requiring the virtues which make the sins impossible. It is not satisfied with saying that we are not to bear false witness against men. It requires us to love them; and then we shall be slow to believe evil of others and still slower to speak it. It is not satisfied with saying that we must not steal, it requires us to love men, and then instead of depriving them of their rights we shall give them more than their due. It

is not satisfied with saying that we are to do no harm to men. It requires us to love them; and then we shall dread to do them harm, and shall be eager to do them good.

Dr Dale

More helpful than all wisdom is one draught of simple human pity that will not forsake us

The only true secret of assisting the poor is to make them agents in bettering their own condition

What do we live for, if it is not to make life less difficult to each other ?

Surely, surely, the only true knowledge of our fellow-man is that which enables us to feel with him which gives us a fine ear for the heart-pulses that are beating under the mere clothes of circumstances and opinion

There is no sort of wrong deed of

which a man can bear the punishment
alone ; you can't isolate yourself, and say
that the evil which is in you shall not
be spread. Men's lives are as thoroughly
blended with each other as the air they
breathe, evil spreads as necessarily as
disease.

O may I join the choir invisible
Of those immortal dead who live again
In lives made better by their presence;
live
In pulses stirred to generosity,
In deeds of daring rectitude, in scorn
For miserable aims that end with self,
In thoughts sublime that pierce the night
like stars,
And with their mild persistence urge
man's search
To vaster issues.

the fallen To learn that there is a heart that sympathizes with the weakness of their human nature which was accountable for the slip and realises how hard was the struggle, this may inspire them with the desire to return again to the paths of rectitude and virtue

Perhaps the love of brother and sister is the most unselfish thing in the world They love, hoping for *nothing* in return, but the pleasure of reciprocated affection, and so deep does the spirit of self sacrifice go that the one is willing to give up the other to another provided by so doing the happiness of that other is increased

with a pressure more powerful than words,
whilst the responsive tears ran down his
face—this was sympathy.

R ELIAs

Then is the time to give proof of
kindly feelings, when prosperity has fled
and misfortune calls for aid, for to show
kindness to the fortunate in no way does
honour to the noble

ITALICUS

A beneficent person is like a fountain
watering the earth, and spreading fertility,
it is therefore, more delightful and
more honorable to give than to receive

EPICURUS.

Love is never lost If not reciprocated
it will flow back and soften and purify
the heart.

IRVING

Look thou with pity ' on a brother's fall.

With growing away, the growing life of
man.

... .. May I reach
That purest heaven, be to other souls,
That cup of strength in some great agony,
Enkindle generous ardour, feed pure love,
Beget the smiles that have no cruelty
Be the sweet presence of a good diffused,
And in diffusion ever more intense
So shall I join the choir invisible
Whose music is the gladness of the world.

George Eliot

Without a rich heart wealth is an ngly
beggar.

A man was born, not for prosperity,
but to suffer for the benefit of others,
like the noble rock maple, which all
round our villages, bleeds for the service
of man

There is no beautifier of the complexion
or form, or behaviour like the wish to
scatter joy and not pain around us.

'Tis cheap and easy to destroy There
 is not a joyful boy or an innocent girl
 buoyant with fine purposes of duty in
 all the street full of eager and rosy faces,
 but a cynic can kill and dishearten with
 a single word Despondency comes readily
 enough to the most sanguine

Yes this is easy, but to help the young
 soul add energy inspire hope and blow
 the coals into useful flame to redeem
 defeat by new thought by firm action,
 that is not easy, that is the work of
 divine men

R W Emerson

How often will the soothing voice and
 the sympathetic manner comfort the little
 one in his oftentimes imaginary sorrow!
 Oh, sweet sympathy! which can reach
 the youngest heart and draw it un-
 consciously to oneself

Sympathy will not unfrequently reclaim

But dwell not with stern anger on his
fault.

**The grace of God alone holds thee, holds
all**

Were that withdrawn, thou too wouldst
swerve and halt

EDMESTON.

I shall pass through this world but once.

Any good thing that in that passing I
can do.

Or any kindness that I can show to any
human being.

looking to Him for blessing our efforts must do good Sunshine and shower never fail, fire must burn and light must brighten and beautify Even so the powers of love and truth and right, reigning in the heart and regulating all the life of even the humblest man, must tell for good on all around, for good that never dies These are the powers that built the world that guides the stars in their courses, that form and uphold all life and beauty and joy Working with them we are working for God and he always wins who sides with God for God can never fail.

D E Irons

A man may lose influence, position wealth and even health and yet live on in comfort if with resignation but there is one thing without which human life becomes a burden, that is human sympathy

The only important thing in good works is the amount of love which we put into them

We can do more good by our sympathy than by our labours

From each one of you radiates invisibly an interminable web-work, of which the implicated consequences if summed together are incalculable. But if it be so in evil, so is it also thank God! with any good you do, it may put on white robes, and go forth as an angel to bless the world

never be averted until there is no single good man or woman in any sphere of life who does not realise the individual's responsibility for the general condition who is not labouring in some direct definite self denying way to rescue those who are perishing from the action of preventible evils

Do not be troubled if in spite of all thou triest to do the times are out of joint and things go wrong and thou seemest to do no good God made the world not then He has patience, shouldst not thou have patience? Even thy poor good deeds cannot die If they seem at first to yield no fruit they shall still be as seeds shut up in the darkness of a sepulchre and when they are taken from the hands of time years afterwards it may be they shall rise in golden grain Be it little be it much God will accept thy honest offering

No good deed dies; be it a rejoicing river, be it but a tiny rill of human nobleness, yet, so it be pure and clear, never has it been lost in the poisonous marshes or choked in the muddy sands. It flows inevitably into that great river of the water of life, which is not lost, save-if that be to be lost-in the infinite ocean of God's eternal love.

F. W. FARRAR.

Let no man be sorry he has done good because others concerned with him have done evil: If a man has acted right, he has done well, though alone; if wrong, the sanction of all mankind will not justify him

feel the misfortunes of others, and which is, even for its own sake, incapable of involving any man in pain and misery, is of all tempers of mind the most amiable, and though it seldom receives much honour is worthy of the highest

There cannot be a more glorious object in creation than a human being replete of good with benevolence, meditating in what manner he might render himself most acceptable to his Creator by doing most good to his creatures

Giving comfort under affliction requires that penetration into the human mind joined to that experience which knows how to soothe, how to reason, and how to ridicule, taking the utmost care never to apply these arts improperly.

How many heart-aches should we spare ourselves if we were careful to check every unkind word or action toward those we love, by forbearance, the time

may soon arrive when the being whom I am now about to afflict may be snatched from me for ever to the cold recesses of the grave, secured from the assaults of my petulance, and deaf to the voice of my remorseful penitence .

Fielding

Kindness has converted more sinners than either zeal, eloquence, or learning

Kind words are the music of the world
They have a power which seems to be beyond natural causes

Kindness adds sweetness to everything
It is kindness which makes life's capabilities blossom, and paints them with their cheering hues, and endows with their invigorating presence

What is our life ? It is a mission to go into every corner we can reach, and reconquer for God's beatitude His unhappy

world back to Him It is a devotion of ourselves to the bliss of the Divine Life by the beautiful apostolate of kindness.

F. W. Faber

When love counts the cost love dies,
When love forgets the consequences in
bestowing itself, then love rises and
reaches God on high

This God's truth, that the only real
joy a man has is the joy of bestowing
It transcends all other joy For the law
of joy is the law of love Self love is
not really love, but exclusion Self-love
seeks to hold, and thereby loses all
Self-love is hate. Hate is pain Love
is always joy, increasing and ever expand
ing The more love the more joy, the
more joy the more love But it must be a
love which transcends the self by giving
itself without stint to other self

Frederick P Fairfield

Do good to thy friend to keep him,
to thy enemy to gain him

I think the best way of doing good
to the poor is not making them easy in
poverty, but leading or driving them out
of it.

Benjamin Franklin

Generosity, wrong placed, becometh a
vice, a princely mind will undo a private
family

Fuller

country ", but religion says, " Love all mankind without exception ".

Feltham.

To have faith is to create ; to have hope is to call down blessing, to have love is to work miracles

Michael Fairless

We gain double when we relieve a brother at the price of our own humiliation.

S John Francis

Begin with a generous heart Think how you can serve others Then you shall find resources grow Your own portion shall not be left desolate Strength shall be shed through you Do the utmost with what you have and it shall go far enough

J B Frothingham

Over the field when the day breaks fair
The sower scatters the seed abroad,
Stays not to mark where it lies his care

ness, and a gloomy misanthropy and sometimes a mental decrepitude are apt to derange all his affections. If each reader of these lines were to breathe the spirit of sympathy in his or her daily life how different would be the aroma within say a mile radius of his dwelling how much would be added to the general stock of this world's happiness and how much lighter would our own burdens become by the simple expedient of sharing those of others

Arthur Finlayson

Culture for its own sake is the worst form of self idolatry. Culture, as the preparation of self for the service of others is as the preparation of the plot of ground entrusted to us that it may bear a harvest in which many may rejoice

Gardiner

To those who do good in the morn

If I can only by my living,
Teach some man the thought of a brother;
If I can only tell one story
Which is worth bearing, or eases a pain,
My life may be humble, unnoticed by
many,
But I shall not have lived that life in
vain.

Rev P Gaster

Turn to the world a shining face
There are sad hearts everywhere,
The smile that you give may help some
 one to live
May help somebody's burdens to bear

Francis L. Green

Study the real wants of friends, learn to sympathise with one sufferer, take pains with one person who is needy and out of work, take real pains about any one else, and behold you have made a beginning, and that which you have done

people, entering on good works begin to be extolled by those who behold them and to take delight in the commendations of themselves, there is caused a mist of the understanding in the thoughts that they can now no longer discern with what intention

S Gregory the Great

There are always the three turnings of a true life, upward, inward outward Upward to God inward to self outward to the world The more one knows God, the keener is the longing to get off with Himself alone the deeper is

in one case gives to your character an habitual considerateness or tends to give it as it is repeated a spiritual considerateness which will make you now, Oh ! so much more easily considerate to all those large and mixed classes of men with which you are brought in contact

Canon Gore

We can better help another by fanning a glimmer of goodness than by censuring his faults

It is through our love for others that we learn to know ourselves The blessings we evoke for another descend upon our

not any two but all three this is the true ideal This is the true rounded life And note sharply that this gives the true perspective of service The service life grows up out of the other two Its roots lie down in prayer and purity This explains why so much service is fruitless It isn't rooted There is no rich sub soil

S. D. Gordon .

Have you any leisure hours? and if so are they turned to good account? A little time spent upon benevolent objects may be of more avail in promoting them than much money Do we ever spend our spare time so? Does your position and state of life give you any opportunity of usefulness to others? and if so do you avail yourself of such opportunity? If you can do nothing else for your fellow-men may you not perhaps console them by your presence with them, and by the mere common-place intimation of your

sympathy ! May you not say a word of kindness or encouragement or bring together estranged friends or persuade able men to the course to which God seems to be calling them !

Goulburn

Kindness is the golden chain by which society is bound together

* Every day is a vessel into which a great deal may be poured if we will actually fill it up that is with thoughts and feelings and their expression into deeds as elevated and amiable as we can reach to

Goethe

men often suppose that to rise into the religious life it is necessary that they shall withdraw from intercourse with the world of secular things Not so It is realised better in society than in the hermitage Use the world is the doctrine

of purity To forsake it is ungrateful to God, and prejudicial to our best interests.

To man is entrusted the nature of his actions, not the result of them, this God keeps out of our sight We should work like the bees, sedulous to collect all the honey within our reach, but leaving to Providence to order what shall come of it The good which our exertions effect may rarely or never become visible

Life may be misused without being abused It is misused if it not be so employed as to be enjoyed, &c by making the most of its opportunities in other words, devoting it to honourable deeds, affectional as well as intellectual The more strenuously we enact such deeds, the more genuine, because practical, is our acknowledgment of the divine goodness in bestowing life and keener becomes our aptitude for making the honey of existence

L. W. Grindon

If I have but enough for myself and
family, I am steward only for myself If
I have more, I am but a steward of that
abundance for others

Be useful where thou livest, that they
may

Both want and wish thy pleasing presence
still

Kindness, good parts, great places are
the way

To compass this find out men's want
and will

And meet them there All wordly joys
go lets

To the one joy of doing kindnesses

man stands forth clothed with power to control and influence his fellows, n that he can sweeten their bitterness allay their conflicts bear their burdens surround them with the atmosphere of hope and sympathy Just in proportion as men have capacity, talent and genius, are they to be guardians teachers and nurses for men bearing themselves tenderly and sympathetically towards ignorance, poverty and weakness

Happiness is thorough helpfulness
 Every morning let us build a booth to shelter some one from life's fieres heat
 Every noon let us dig some life-spring for thirsty lips Every night let us be food for the hungry and shelter for the cold and naked

Responsible for his own growth and happiness man is made equally responsible for the happiness and welfare of those

about him. By so much as he has secured his own personal enrichment, by that much he is bound to secure the enrichment and social advantage of his fellows. To love one's self at the expense of one's fellows is for selfness to become malignancy. To love one's neighbours more than one's self is foolishness and self destruction.

The business of life is the mastery of the art of living smoothly and justly with one's fellows and the acquisition of skill in calling out the best qualities of those about us.

The measure of manhood is the degree of skill attained in the art of carrying one's self so as to pour forth upon men all the inspirations of love and hope, and to evoke good even from the meanest and wickedest of mankind. Passing through life, the soul is to be a happiness producer and a joy distributor. Without consci-

ous thought the violets pour forth perfume; without volition the magent pulls the iron slings, with no purpose the candle pushes its beams of light into the darkness, and such is to be the weight of goodness in each man, that its mere presence will be felt. For the soul carries power to bless or blight, it can lift up its faculties for smiting as an enemy lifts the hammer above the fragile vase or delicate marble, through speech men can fill all the sky with storms, or he can sweep all clouds from the horizon. The soul can take the sting out of man's anger or it can stir up anger, it can alloy strife or whet the keen edge of hatred. The thermometer is not so sensitive to heat the barometer to weight, the photographer's plate to light as is the soul to the ten thousand influences of its fellow men.

There is a twofold abstinence. From some things, therefore, thou must abstain, and from others thou must not abstain. Keep thyself from evil and do it not; but abstain not from good, but do it; for if thou shalt abstain from what is good, and do it not, thou shalt sin. Abstain, then, from all evil, and thou shalt know all righteousness.

Hear what the virtue of those good works is which thou must do. The first of all is faith, the fear of the Lord, charity, equity, truth, patience, chastity. There is nothing better than these things in the life of man. Hear next what follow these:—To minister to widows, not to despise the fatherless and poor; to redeem the servants of the Lord from necessity; to be hospitable; not to be contentious, but to be quiet; to be humble above all men; to reverence the aged; to respect the brotherhood; to bear affronts; to be long—

suffering ; not to cast away those who have fallen from the faith, but to convert them, and make them be of good cheer to admonish sinners ; not to oppress those who are debtors ; and other things of a like kind. All they that keep these commandments shall live unto God.

S. Hermas.

God only asks from you what he gives you power to do.

We should treat the poor with the same delicacy of thoughtful respect as if they belonged to a higher class.

Walsham How.

The great secret of help is encouragement.

I am convinced that one of the evils of much that is done for the poor, springs from the want of delicacy felt and courtesy shown to them, and that we cannot beneficially help them in any spirit dif-

ferent to that in which we help those who are better off

Octavia Hill

We live in a world which is full of misery and ignorance and the plain duty of each and all of us is to try to make the little corner he can influence somewhat less miserable and somewhat less ignorant than it was before he entered it.

Thoughtfulness for others, generosity, modesty and self-respect are the qualities which make a real gentleman or lady, as distinguished from the venerated article which commonly goes by that name

Do what you can to do what you ought, and live hoping and fearing alone

The end of society is peace and mutual protection, so that the individual may reach the fullest and highest life attainable by man

Moral duty consists in the observance of those rules of conduct which contribute to the welfare of society, and by implication of the individuals who compose it

Economy does not lie in sparing money but in spending it wisely

Make up your mind to act decidedly and take the consequences. No good is ever done in this world by hesitation

The ledger of the Almighty is strictly kept and every one of us has the balance of his operations paid over to him at the end of every minute of his existence

The practice of that which is ethically best—what we call goodness or virtue—involves a course of conduct which in all respects is opposed to that which leads to success in the cosmic struggle for existence. In place of ruthless self-assertion it demands self-restraint, in place

of thrusting aside, or treading down all competitors, it requires that the individual shall not merely respect, but shall help his fellows, its influence is directed, not so much to the survival of the fittest, as to the fitting of as many as possible to survive. It repudiates the gladiatorial theory of existence. It demands that each man who enters into the enjoyment of the advantage of a polity shall be mindful of his debt to those who have laboriously constructed it, and shall take heed that no act of his weakens the fabric in which he has been permitted to live.

Laws and moral precepts are directed to the end of curbing the cosmic process and reminding the individual of his duty to the community, to the protection and influence of which he owes, if not existence itself, at least the life of something better than a brutal savage.

T. H. Huxley.

A gentle word is better
 Oft-times than gift of gold ;
 A smile may break the fetter
 That long some heart did hold

L. M. Hodges

Go forth into the busy world and love
 it interest yourself in its life, mingle
 kindly with its joys and sorrows, try what
 you can do for men rather than what you
 can make them do for you, and you will
 know what it is to have men yours,
 better than if you were their king or
 master

Brook Herford.

of it the greater our possessions

V Hugo

Let us not have sympathy at the expense of sound practical common sense, or we shall do more harm than good

To speak the truth in love to reprove wisely and tenderly is a lesson which it may take a life-time to learn, but it must be striven after if we would keep the balance true between wisdom and feeling

Ellis Hopkins

Give according to your means, or God will make your means according to your giving

John Hall

Careless expressions of one sort or another are necessary to the life of the affection as leaves are to the life of a tree If they are wholly restrained love will die at the roots

Hawthorne

One kindly deed may turn
The fountain of thy soul
To love's sweet draught—star, that shall o'er
 thee burn
Long as its currents roll

Holmes

It is easy to be humble when we can have our own way at the same time but to give up one's own will in order to please others is more difficult and is a crucial test of our motives.

O Prescott Miller

The men and women that are lifting the world upward and onward are those who encourage more than criticize

Elizabeth Harrison

The truly generous is the truly wise
And he who loves not others lives unblest.

Homic

Give if thou canst in alms if not afford,
Instead of that a sweet and gentle word

Herrick

importance to impose any burdensome sense of obligation. These little sacrifices may be both of time and money, but more of time, and the money sacrifice should be just perceptible never ostentatious.

P. G. Hamerton

The law of human helpfulness asks each man to carry himself so as to bless and not blight them, to make and not mar them.

N. D. Hillis.

Always say a kind word if you can if only that it may come in perhaps, with singular opportuneness entering some mournful man's darkened room like a beautiful firefly, whose happy convolutions he cannot but watch forgetful of his many

self and to others, will always seek for information as he goes along through the world, will have a cheery word for his fellow-travellers, and be ready to do a kind and friendly action to any that require it. And if he does so, just as the river goes broader and wider as it reaches the ocean in which it finally loses itself, and merges its waters in the infinite space of the sea, so the man's life will become grander and more noble as it approaches its close, and he will have gained the affection and respect of all whose respect and affection are worth gaining, before the stream of his life, too, floats out on the ocean of eternity.

Knatchbull Hugessen.

Our deeds of mercy are to be unostentatious. Let not thy left hand know what thy right hand doeth. This implies that our charity should not only be concealed

from others, but even as it were from our
selves

R. F. Horton

The men most to be pitied are those who have no command over themselves, who cannot do what they would, and who, even whilst they are performing virtuous deeds, do so from mean motives from regard to happiness and mental satisfaction fear of the reproaches of conscience, or else of future punishment This is all very well and useful, supposing that man cannot be kept in the straight path by any other motives, but he who looks inwardly to the heart and soul can derive no satisfaction from such conduct

these motives that show the disposition to be great and noble, and these alone react upon the character

Wilhelm von Humboldt

Love is a many sided sacrifice. It means the thoughtfulness for others, it means putting their good before self-gratification. Love is impulse, no doubt, but true love is impulse wisely directed

H R Hawers

the sum of human good B. perceable.
Be cheerful Be true

Leigh Hunt

It is the motive that more than anything else renders an action good or bad. However fair the look of an action may be, if the right motive is wanting the action is hollow; if the motive be a bad one, the action is rotten at the core. Who cares for an outward seeming of show of friendship or affection, unless the heart be also friendly and affectionate?

Every good thought in our own mind,
every good man whom we meet or of
whom we read in former ages every great
word or action is a witness to us of the
nature of God

Benjamin Jowett

When you give give with joy and
smiling

We should do good whenever we can,
and do kindness at all times for at all
times we can

Whatever multiplies the bonds that
attach man to man makes him better and
happier

Joubert

Getting money is not all a man's
business to cultivate kindness is a valuable
part of the business of life

Pity is to many of the unhappy a
source of comfort in hopeless distresses
as it contributes to recommend them to
themselves, by proving that they have not

lost the regard of others, and Heaven seems to indicate the duty even of barren compassion, by inclining us to weep for evils which we cannot remedy.

To cultivate kindness is a great part of the business of life.

Johnson.

If a man's whole life be darkened by the memory of a cruel wrong he has done another, if direct amends be impossible to the injured one, passed from life, let him make the world the legatee to receive his expressions of restitution. Let his regret and sorrow be manifest in words of kindness and sympathy, and acts of sweetness and love given to all with whom he comes in contact. If he regret a war he has made against one individual, let him place the entire world on his pension list.

judging; let us seek to draw out latent good in others rather than to discover hidden evil. It requires the eye of charity to see the undeveloped butterfly in the caterpillar. Let us, if we would rise to the full glory of our privilege, to the dignity of true living, make for our watch-word the injunction of the supreme charity of the world "Judge not."

If we desire to do good in the world let us begin to love humanity, to realize more truly the great dominant note that sounds in every mortal, despite all the discords of life, the great natural bond of unity that makes all men brothers. Then jealousy, malice, envy, unkind words and cruel misjudging will be eclipsed and lost in the sunshine of love.

True charity is not typified by an alms-box. The benevolence of a cheque-book does not meet all the wants of humanity.

Giving food, clothing and money to the poor is only the beginning, the kinder garden class, of real charity. Charity has higher, purer forms of manifestation. Charity is but an instinctive reaching out for justice in life. Charity seeks to smooth down the rough places of living, to bridge the chasms of human sin and folly, to feed the heart-hungry, to give strength to the struggling, to be tender with human weakness, and greatest of all it means obeying the Divine injunction ' Judge not ' "

William George Jordan

Strew human life with flowers ! Save every hour for the sunshine ! Exalt your souls ! Widen the sympathies of your hearts ! Make joy real now to those you love

Richard Jefferies

Rich gifts that heaven delights to see
The poorest hands may hold

The love that of its poverty
Gives kindly succour, prompt and free,
Is worthier far than gold
One smile can glorify a day,
One word new hope impart,
The least disciple need not say,
There are no alms to give away,
If love be in the heart

Mary Rowles Jarvis

Of a humble soul,
 In all sincerity given,
 Is like the wings
 Of the lark, as it springs,
 Singing clear to the gate of heaven.

A. H. Japp

Nothing is sweeter than love, nothing more courageous, nothing higher, nothing more pleasant, nothing fuller or better in heaven and earth; because love is born of God, and cannot rest but in God, above all created beings. He that loveth, lieth, runneth and rejoiceth; he is free and is not bound.

Man considereth the deeds, but God weigheth the intentions.

God has furnished us with constant occasions of bearing one another's burdens. For there is no man living without his failings; no man that is so happy as never to give offence; no man without

his load of trouble, no man so sufficient
 as never to need assistance, none so
 wise but the advice of others may, at
 some time or other be useful for him
 and therefore we should think ourselves
 under the strongest engagements to com-
 fort and relieve and instruct and admo-
 nish and bear with one another

Thomas A Kempis

He only who forgets to hoard
 Has learned to live

When you find yourself as I daresay
 you sometimes do, overpowered as it
 were by melancholy the best way is to
 go out and do something kind to some-
 body or other

J Keble

Be good sweet maid and let who will
 be clever,
 Do lovely things not dream them all
 day long

Of a humble soul,
 In all sincereness given,
 Is like the wings
 Of the lark, as it springs,
 Singing clear to the gate of heaven.

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 be clever,
 Do lovely things not dream them all
 day long

So shalt thou make life, death and
that vast

For ever

Ode grand sweet song.

Visit whom, when, and where you will, but let your visits be those of women to women.....Approach, then, these poor women, as sisters,.....learn lovingly and patiently, aye, and reverentlyto understand their troubles, and by that time they will have learnt to understand your remedies.

It is nobler far to do the most commonplace duty in the household, or behind the counter, with a single eye to duty simply because it must be done—nobler far, I say, than to go out of your

Make a rule, and pray to God to help you to keep it, never, if possible, to lie down at night without being able to say, " I have made one human being at least a little wiser, a little happier, or a little better this day. " You will find it easier than you think and pleasanter

To be a man, to give, not take,
To serve, not rule, to nourish, not
devour;
To help not crush, if need to die,
not live

Charles-Kingsley

Benevolence is a duty. He who frequently practises it, and sees his benevolent intentions realised, at length comes really to love him to whom he has done good.

Kant

How much may be done, is done, by
the brain and heart of one human being

in contact with another ! We are answerable for incalculable opportunities of good and evil in our daily intercourse with every soul with whom we have to deal every meeting every parting, every chance greeting, and every appointed encounter, are occasions open to us for which we are to account

F A Kemble

Love is the greatest thing that we can give each other We must always be giving each other bread or money, or jewels or books, or counsel and then we think we have accomplished something But love is the real gift no other can take its place, but it can take the place of all the rest

M Kendall

Still let it ever be thy pride
To linger by the labourer's side,
With words of sympathy or song

others in sorrow, not in anger. When I take the history of one poor heart that has sinned and suffered and represent to myself the struggles and temptations it has passed through, the brief pulsations of joy, the feverish inquietude of hope and fear, the pressure of want, the desertion of friends, I would fain leave the erring soul of my fellow-man with Him from whose hand it came.

H. W. Longfellow

To save the age from immorality, childhood and youth must be carefully trained in the ways of righteousness. They are our hope. Let us see to it that they do not become our despair, and our despair they will be if they are permitted to grow up with loose ideas regarding their obligation to God and man.

The work of redemption must be wrought mainly in the head and the heart of

man, not in his surroundings His mind must be instructed, his will must be strengthened, his conscience must be quickened, his affections must be cultivated, and every faculty and power of his being must be trained in the habitudes of virtue Surely it is superfluous to add that such effects can only be produced by moral means, that is, by education, home influ-

Were we only considerate, charity would rarely be required, and idlers would soon be ashamed to show themselves. Active concern for the welfare of those who are dependent would cost but little money, and would diminish many a crime, and would make the poor happier and more contented.

Let us all learn from the unity of humanity, the grandeur of a career in sympathy with its needs. Even let us cultivate the feeling that our service in its behalf cannot be dispensed with, and that there is none of us so lowly as to be useless in conserving its liberties and in promoting its prosperity.

G. C. Lorimer.

Every day should be distinguished by at least one particular act of love.

Who gives a title meanly is meaner than the title.

remembers us and wishes His grace
upon us

Where charity does not reign there is
neither recollection nor peace nor God
it is a den of Satan

S Alphonsus de Liguori

To love in order to be loved in return
is man but to love for the pure sake of
loving is almost the characteristic of an
angel

Kindness is virtue itself

Man man is thy brother and thy
father is God

Lamartine

Despise no soul however debased
grimed or soiled These souls are Gods

How many an angel lies enthralled
within rough human souls needing only
an Angelo to set him free The first step
in the art is faith in goodness the second

love of goodness, the third employment
 of the heavenly weapons—kindness and
 influence and prayer

Knox Little

The will without the deed is better
 than the deed without the will. A person
 who is charitably disposed for instance but
 who lacks pecuniary ability may confer a
 greater benefit by means of sincere prayers
 and good wishes than he could possibly
 do by merely giving money, and thus
 the means of being charitable can never
 be said in the strict sense of the word to
 be wanting.

Lee

If the world's a vale of tears
 Smile till rainbows span it
 Breathe the love that life endear
 Clear from clouds to fan it
 Of your gladness lend a gleam
 Unto souls that shiver,

human heart accordingly the wisest men
have always been the most indulgent

Lord Lytton

Shut not thy purse strings always
against pained distress Act in clarity
sometimes When a poor creature (out-
wardly and visibly such) comes before
thee do not stay to inquire whether the
seven small children in whose name
he implores thy assistance have a veri-
table existence Take not into the hovels
of unwelcome truth to save a half penny
It is good to believe him

Lamb

What is the duty of man? To assist
his fellows to develop his own higher
self to strive towards good in every way
open to his powers and generally to
seek to know the laws of Nature and to
obey the will of God

Oliver Lodge

be too late to do the gentle things it is in our heart to do The flowers you mean to send for the coffin of your friend or neighbour send beforehand to brighten his hard path and to cheer his sadness or loneliness while he lives Kindness to the living is better than bitter tears of penitence over the dead

We begin to live only when we begin to live to minister to others

There is call for service everywhere There are sick and poor to visit mourners to comfort tempted ones to succour endangered ones to rescue and save You are called to be a blessing to everyone you meet To do this you must be like the dew Seek like the dew to do your work noiselessly Do not try to draw attention to yourself Flow no trumpet in the street when you are going forth to do some work for your Master Let your influence pour out like the fragrance of a

bles us to hold the forces of our being in hand for true and useful service adds greatly to the value of our existence

Service comes from loving, it is love's expression. Serving that is not inspired by love yields no joy. Love that does not serve is not love at all. The measure of self denial that one is ready to suffer is the measure of the love that is in one's heart. Love that will not sacrifice is only a sentiment a fair blossom from which no fruit comes. Love is ready always for serving.

The richest truest deepest, realest blessing that can come to any heart is the blessing of giving of doing, of suffering of sacrificing for others of serving them in love.

It is only life itself that is worth giving to others. That which we do for others or give to them, and which costs

us nothing has small blessing or help in it for them A man may speak eloquently but if it is only words that he speaks we are no richer for listening to them Only when we serve in love giving out life itself in our ministry do we either find deep joy for our own heart or make others truly happier or more blessed

Kindness is love doing little things things that seem scarcely worth doing and yet which mean much to those for whom they are wrought Kindness lends a hand when another is burdened It speaks the cheerful word when a heart is discouraged It gives a cup of cold water when one is thirsty It is always doing good turns to somebody It goes about performing almost unconsciously its wayside ministries with a touch of blessing for every body It scatters its little nature's favours every where Until we think of it specially we do not realise how

large a factor in the most useful and helpful lives in this world is kindness. Few qualities do more to make a life bright and beautiful.

The place which should first of all be sweetened with the perfume of your ointment is your own home. Let the blessing of your cheerful love and your thoughtful unselfish ministry fall first upon your weary mother, your burdened father, your tempted brother, upon the children in your household on guests who drop in, on servants who help in domestic duties.

Here is a sick neighbour whom you may comfort by a visit. Here is a poor woman who will be helped beyond measure, not by money gifts but by little kindnesses which cheer her heart and strengthen her for her heavy toil and care. Here is a blind woman to whom you can read an

Our friends meet our needs satisfy our cravings, do us good, and we do not think always of the other side-what we are to them. The essential thing is not to have friends but to be a friend, not to receive but to give, not what we get but what we give.

It may be set down as a principle that the true test of a life is found in the things that are done when no eye is watching the things of the quiet days. The ten thousand little acts and words and manifestations of disposition which make up the substance of living much more fairly index the real character than do the one or two things which people talk about.

There are two classes of ministry in every life. There are the things which a man does purposely which he plans to do, which he trains himself to do, which he

does with special thought and deliberation. Then there is a wayside ministry which he does without previous purpose, as he goes along through life engaged in his allotted duties. This embraces the countless little things of common courtesy and kindness; the things done on the instant; the greetings; the amenities of the street; the words of cheer, comfort or encouragement spoken as men meet each other. We are apt not to make much account of these wayside services while we usually set a high value on the things we have done with care, thought and preparation. Yet it may be that oftentimes the former are of more worth to God than the latter. There is less of self

of making their life anything worth while
 They cannot leave blessings in the world
 They cannot speak words that will impress
 others, or write books that will give cheer,
 comfort and hope to any one. They can
 not do kindnesses which the recording
 angel will care to write down to their
 account. But God can use the smallest
 deeds, the smallest words, even a smile
 that comes from a loving heart in making
 the world happier and sweeter. Nothing
 that has love in it ever perishes or fails.

It requires wisdom as well as tact to help others in truly good and beneficent ways. There is always danger of over-helping. There are some persons who never decline a favour that any one is disposed to render to them. Children naturally accept whatever is given to them. Then there are older persons who seem always to have a hand stretched out for help. Indolent people never refuse to allow others to do their work for them. They are ready to accept gifts to have their burdens lightened, to have their hard tasks done for them. But much of the help given to such people is real unkindness to them. Much of the fashionable charity of the day belongs to the same class. It is not wise help. It may make life easier for a day for its beneficiaries but it makes them less able to struggle on in the long years to come.

Instead of giving money to one who

the result on our friend is a shrinking from an intimacy which promises to be too urgent. There should be a prudent reserve in all showing of kindness. We should not be too eager—eagerness may seem meddlesomeness. We should not help too soon. Over doing is worse than under-doing. We should respect the personality of our friend and not put him under obligations. Even when there is need for help we may not be the friend who should render it. Relations of helping and serving must be mutual and we should not seek to outdo our friend in

of love which v it for is at every turn
 We are to be judged by the things we
 leave undone quite as much as by the
 things we do which we ought not to have
 done Many people imagine that they are
 very good because they have not done
 certain openly wicked things but one
 may be able to hold up his hands and
 say ' My hands are unstained by
 any guilt ' and yet the heaviest
 curse may hang over him, because he has
 not done the things he ought to have
 done The word sin means missing the
 mark, whenever we fail to come up to
 the full measure of love & duty we have
sinned

way of sharing our love It were well if we learned to live for each other for the present while there is no special reason why we should die for each other There are homes chill and wintry which could be warmed into love's richest glow in a little time, if all the household were to grow affectionate—letting the heart's gentle feelings have simple natural expression

It is not enough for us to be good ourselves, we must assist others by whole-some sympathy by cheerful encouragement by sparing our life with them by all manner of self forgetful ministry But we should never cease to help them also by prayer We know not what blessings from God we can call down upon them by loving importunate intercession

We should not hide the warm light of love in our heart beneath a covering

*of external unlovenbleness, but should set
the lamp where its shining will reach
life that touches ours or comes under
our influence*

appreciation, encouragement, affection, and comfort which are in our hearts to speak, or when we fail to do the gentle, kindly things we could so easily do to make life happier and sweeter for them.

God has put it in our power to help each other in many ways, sometimes by deeds that lift away burdens, sometimes by words that inspire courage and strength, sometimes by sympathy that halves sorrow. Yet there is no other way in which we can serve others so wisely, so effectively, so divinely as by intercession for them. Our hands are clumsy and awkward and oftentimes hurt the life we would heal with our touch or strengthen or uphold with our strength. But in prayer we can reach our friend through God and His hand is infinitely gentle, and never hurts a life.

There is no danger of receiving defi-

What is wanted is a deep and sincere piety that breathes out unconsciously in face and word and act and manner like the fragrance of a flower, like the shining of a star. Indeed, its unconsciousness is its greatest power. She who goes intending to say certain things or carry certain blessings, or leave certain influence, may fail. But going from house to house with a soul full of goodness, purity, and love, with a heart sincerely hungry to leave blessings everywhere with a speech seasoned with grace and breathing kindness and peace it is impossible not to leave heavenly influence in every

ness It brings down our pride and keeps it under our feet It changes scorn to compassion It softens our tone and takes from us our haughty, dictatorial spirit Instead of being repelled by men's moral repulsiveness, our pity is stirred and our hearts go out in deep loving longing to heal and to bless them Instead of being offended by men's rudeness and unkindness we bear patiently with their faults hoping to do them good Nothing that they may do to us turns our love to hate We continue to seek their interest despite their slights, insults and cruelties

There is a great host of weary men and women toiling through life toward the grave who sorely need just now the cheering words and helpful ministries which we can give The intense is gathering to scatter about their coffins, but why should it not be scattered in their

paths to-day ? The kind words are lying in men's hearts unexpressed and trembling on their tongues unvoiced which will be spoken by and by when these weary ones are sleeping but why should they not be spoken now when they are needed so much and when their accents would be so pleasing and grateful ?

The aim of the Divine helpfulness is not to make things easy for us but to make something of us We need to keep this Divine principle in mind in our helping of others It is usually easier to give relief than it is to help another to grow strong Yet in many cases relief is the poorest help we can give the very best is inner help that which makes one stronger purer truer, braver that which makes one able to overcome Someone has said To help another is the divinest privilege one can have there are many who help us in mechanical things

there are a few who help us in our outside duties, there are perhaps only two or three who can help us in our most sacred sphere of inner life. "

Love always gives. If it will not give, it is not love. It is measured always by what it will give. The needs of other people are therefore Divine commands to us which we dare not disregard or disobey.

What men need most in this world's struggle and strife is not usually direct help, but cheer. A child was seen in a high window in a burning building. A brave fireman started up a ladder to try to rescue it. He had almost gained the window, when the terrible heat appeared too much for him. He seemed to stagger and was about to turn back, when someone in the throng below cried, " Cheer him ! " A loud cheer went up, and in a moment more he had the imperilled

child in his arm snatched from an awful death Many men have fainted and succumbed in great struggles whom one word of cheer would have made strong to overcome

Do not keep the alabaster boxes of your love and tenderness sealed up until your friends are dead Fill their lives with sweetness Speak approving cheering words while their ears can hear them The things you mean to say when they are gone say before they go If a

love to do to seek to put a little brightness and cheer into his life, to manifest true sympathy with him, and to put into his trembling hand the cup filled with the wine of human love ?

Our best friends are not those who make life easy for us, our best friends are those who put courage, energy, and resolution into our hearts. There are thousands of lives dwarfed and hurt irreparably by pampering. Parents oftentimes, in the very warmth and eagerness of their love do sad harm to their children's lives by overhelping them, by doing things for them which it were better to teach them to do for themselves, by sparing them struggles, self-denials, and hardships, which it were far better for the children to meet. Friendship is in constant danger of overhelping. When one we love comes to us with a difficulty, it is love's first impulse to solve it for him

whereas it would be a thousand times better kindness if we put him in the way of solving it for himself

We fulfil our mission in the world when we live a life of true love towards all men. To every life that touches ours we have some message. Every one who meets us even casually should be the better for it. Every life within the range of our influence should receive some good from us. Whenever God brings a human need into our presence so that we can see it, He thus makes it our duty to consider it and do what is best or what we can for its relief. The world is very full of sorrow, and we are set in it to be comforters. There is no other art in which we should seek more earnestly to be well trained than in the art of giving consolation.

There is a difference in the way peo

ple give, though the gift or favour or act be precisely the same One gives the help only; the other gives part of himself in the help There are some beautiful flowers that have no fragrance, but how much more a flower means that has the perfume as well as loveliness ! We should give ourselves with our gifts We should let part of our own life flow out with every deed of kindness we do

J R. Miller

To meet some people on the side-wall and have their cheery 'Good morning' makes one happier all day To encounter others is as dispiriting as meeting a funeral procession A joyful person scatters gladness like song notes What a wondrous sphere of usefulness is thus opened to every one of us !

J R Miller

It is a perfect sin not to be happy in this world, and how much of the misery which there is is the work of men or could be removed by men if they would but work together for each other's good

How different life might be if in our daily intercourse and conversation we thought of our friends as lying before us on the last bed of flowers how differently we should then judge and how differently we should act All that is of the earth is then forgotten all the little failings

Let ignorance assail or hatred sneer,
Who loves his race he shall not fear,
He suffers not for long
Who doth his soul possess in loving and
grows strong

How God like 'tis to suffer thro'
life, and die at last for others' good !

Lewis Morris

No man can work out his own salvation otherwise than by labouring for the salvation of others

Every good thought and desire that we do not endeavour, come what may, to translate into action, is a sin

Mazzini.

Do not try to do a great thing, you may waste all your life waiting for the opportunity which never comes Do the little things as they come from a great motive—to win God's smile of approval and to do good to men It is harder to plod on in obscurity, acting thus, than to

stand on the high places of the field, and do deeds of valour at which rival armies stand still to gaze.

To fulfil faithfully the duties of your station, to use to the uttermost the gifts of your ministry; to bear chafing annoyances and trivial irritations as martyrs bore the stake; to find the one noble trait in people who try to molest you, to put the kindest construction on unkind acts and words, and to love even the unthankful and the evil—to do this always, and not for the praise of man, but for the sake of God,—this makes a great life.

F. B Meyer.

The quiet steadfast look that strove to win
 Some wanderer from the ways of sin
 , These are not lost
 Not lost O Lord, for in the city bright
 Our eyes shall see the past in clearer light
 And things long hidden from our gaze below
 Thou wilt reveal and we shall surely know,
 , These are not lost

I would have none of that rigid encumspet charity which is never done without scrutiny and which always mistrusts the truth of the necessities laid upon it

Massilon

It is the alienation of self which has wrought out all that is noble all that is good all that is useful nearly all that is ornamental in the world

Whyte Melville

There may be times when y u cannot find help, but there is no time when you cannot give help

George S Merriam

the love we offer to our fellows. One cup of this love that is drawn from the spring on the mountains is worth a hundred taken from the stagnant wells of ordinary charity.

Maeterlinck.

Service is our destiny in life or in death. Then let it be my choice, living to serve the living, and be fretted uncomplainingly. If I can assure myself of doing service, I have my home within.

George Meredith.

The deeds that stand highest on the records of heaven are not those which we call great; "a cup of cold water only" will be found to have been rated higher there than jewelled golden chalices brimming with rare wines.

Maclaren.

There's no dearth of kindness

1 this world of ours;

Only in our blindness
We gather thorns rom flowers

Massey

It is not rare gifts that make men happy. It is the common and simple and universal gifts, it is health and the glance of sunshine in the morning it is fresh air, it is the friend the lover, it is the kindness that meet us on the journey, it may be only a word a smile, a look, it is these and not any rarity of blessing that are God's gentle art of making happy

G H Morrison

The more lapse of years is not life
To eat, and drink and sleep, to be exposed to the darkness and the light, to pace round the mill of habit and turn the wheel of wealth to make reason our book-keeper, and convert thought into an implement of trade, this is not life In

all this but a poor fraction of the consciousness of humanity is awakened and the sanctities till slumber which make it most worth while to be Knowledge truth love beauty, goodness faith alone give vitality to the mechanism of existence

Miss Martineau

Good the more communicated more abundant grows

heart It makes a man hate the mean
and low, and love the good and high It
takes one forward into companionships
which are above the stars It is more
palatable than food it is more refreshing
than light, it is more fragrant than flowers
it is sweeter than songs

F A Noble

The heart of man is so constituted
that its fulness comes of depending When
we serve we rule, when we give we have
when we surrender ourselves we are
victors, we are most ourselves when we
lose sight of ourselves

will be that we did not sew more diligently

W Robertson Nicoll

Self-love covered with the veil of charity makes us often believe we are serving God when in reality we are seeking our own gratification

Those who love the poor in life shall have no fear of death

God loves the poor and consequently He loves those who have an affection for the poor For when we love anyone very much we love his friends and servants

God expects that we should never do any good for the sake of gaining a good name but that His glory should ever be the motive of our actions and that we should never do anything through human respect

We must be entirely God-like to be

able to assist our neighbour by fraternal correction, especially when he frequently falls into sin through an inveterate habit. This habit should not however, dispense us from correcting him, because no matter what may be the source of an evil, we should always apply a remedy to it

S Vincent de Paul

Write injuries in dust but kindness
in marble

Plato

With a double bounty
 God will give thee more

A A Proctor

Do good by stealth and blush to find
 thy fame

When I die I should be ashamed to
 leave enough to build me a monument
 if there were a wanting friend above
 ground I would enjoy the pleasure of
 what I give by giving it alive and seeing
 another enjoy it

Teach me to feel another's woe
 To hide the fault I see
 That mercy I to others show
 That mercy show to me

Riches like insects while concealed
 they lie wait but for wings or in their
 season fly To whom can riches give
 repute and trust content or pleasure but
 the good and just ?

We must not only affirm the brother
hood of man we must live it

Potter

'Tis but folly to dig into moss-covered
creeds,
Let your life be a record of generous deeds
Not the wisest may fathom futurity's plan
But the weakest may live as becometh a
man

Frank Putnam

Do all the good you can
In all the ways you can
To all the people you can
In every place you can
At all the times you can
In the quietest way you can
As long as ever you can

Francis Pigou

The little bread I have
I share and gladly pray

To morrow may give more
To give away

J P Peabody

Kind words do not cost much They
never blister the tongue or lips We never
heard of any mental trouble arising from
this quarter Though they do not cost
much yet they accomplish much They
make other people good natured They
also produce their own image on mens
souls and a beautiful image it is

B Pascal

Give me a faithful heart
Likeness to Thee
That each departing day
Henceforth may see
Some work of love begun
Some deed of kindness done
Some wanderer sought and won
Something for Thee

S D Phelps.

Teach me to feel another's woe,
 To hide the fault I see,
 That mercy I to others show,
That mercy show to me

Riches, like insects, while conceal'd
 they lie, wait but for wings, or in their
 season fly To whom can riches give
 repute and trust, content or pleasure, but
 the good just ?

In faith and hope the world will dis-
agree, but all mankind's concern is
 charity

Pope

Every gift which is given, even though
 it be small is in reality great, if it be
 given with affection

I hate the miser, whose insatiable breast
 Locks from the world his useless stores
 Wealth by the bounteous only is enjoyed,
 Whose treasures in diffusive good
 employed

The rich return of fame and friends
procure,
And gainst a sad reverse a safe retreat
secure

Pindar

The heart ought to give charity,
when the hand cannot

Pasquier Quesnel

In giving of thy alms inquire not so much into the person, as his necessity God looks not so much upon the merits of him that requires as into the manner of him that relieves, if the man deserve not thou hast given it to humanity

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not, thou hast given it to humanity.

Let us suffer with those that suffer,
and be crucified with those that are
crucified, that we may be glorified with
those that are glorified.

Quarles.

There are people who would do great
acts; but because they wait for great op-

opportunities life passes and the acts of
 love are not done at all

Be merciful and gentle honest, fore-
 thyself to abound in little services, try
 to do good to others, be true to the duty
 that thou knowest That must be right
 whatever else is uncertain

Let the weakest, let the humblest remem-
 ber that in his daily course he can if he will
 shed around him almost a heaven Kindly
 words sympathising attentions, watchful-
 ness against wounding men sensitiveness
 these cost very little, but they are price-
 less in their value Are they not almost
 the staple of our daily happiness ? From
 hour to hour from moment to moment
 we are supported blest by small kind-
 nesses

Opportunities for doing greatly seldom
 occur-life is made up of infinitesimals
 If you compute the sum of happiness in

That man is the richest who, having perfected the functions of his own life to the utmost, has also the widest helpful influence, both personal, and by means of his possessions, over the lives of others.

Let every dawn of morning be to you as the beginning of life, and every setting sun be to you as its close; then let every one of these short lives leave its sure record of some kindly thing done for others, some goodly strength or knowledge gained for yourself.

It is a good and safe rule to sojourn in every place as if you meant to spend your life there, never omitting an opportunity of doing a kindness, or speaking a true word, or making a friend.

. Ruskin

fall out lives. We assist others in order
 that they may assist us on like occasions,
 so that the services we offer to the unfor-
 tunate are in reality so many anticipated
 kindnesses to ourselves.

Rochefoucauld

A kindness of which one is reminded
 is always regarded as a reproach

Racine

Kindness has resistless charms
 Things else but weakly move
 There it anger it charms,
 And clips the wings of flying love
 Beauty does the heart invade,
 Kindness only can persuade,
 It glides the lovers servile chain
 And makes the slave grow pleased and vain

the fruit of the earth equally so is the
burden of invisible grief lightened by the
help of a gentle heart

W Stewart Royston

Unspoken words like treasures in the mine,
Are valueless until we give them birth!
Like unfound gold these hidden beauties
shine

Which God has made to bless and gild
the earth

How sad 't would be to see a master hand
Strike glorious notes upon a voiceless lute,
But oh! what pain when at God's own
command

A heart string thrills with kindness but

Oh let the sympathy of kindly words
Sound for the poor the friendless and
the weak
And He will bless you He who struck
these chords
Will strengthen other when in turn you seek
J O Reilly

ostentation is rather an ambition than a bounty

He that does good to another does good also to himself, not only in the consequence, but in the very act, for the consciousness of well-doing is in itself ample reward

The law of the pleasure in having done anything for another is that the one almost immediately forgets having given, and the other remembers eternally having received

rests in the intent, but the beauty and ornament of an obligation lies in the manner of it

Seneca

Sordid selfishness doth contract and narrow our benevolence and cause us, like serpents, to unfold ourselves within ourselves and to turn out stings to all the world besides.

When the hour of trouble comes to the mind or the body or when the hour of death comes that comes to high and low, then it is not what we have done for ourselves, but what we have done for others that we think on most pleasantly

The man deserving the name is one whose thoughts and exertions are for others rather than himself whose high purpose is adopted on high principles, and never abandoned while heaven or earth afford the means of accomplishing

it, he is one who will neither seek
 an indirect advantage by a specious word,
 nor take an evil path to secure a real
 good purpose

It is the secret sympathy,
 The silver link, the silken tie,
 Which heart to heart and mind to
 mind
 In body and in soul can bind

Walter Scott

' little circle in which he lives better and happier, each of us is bound to see that out of that small circle the widest good may flow, that out of a single household may flow influences which shall stimulate the whole commonwealth and the whole civilized world

If we wish to overcome evil we must overcome it by good There are doubtless many ways of overcoming the evil in our own hearts but the simplest easiest most universal is to overcome it by active occupation in some good word or work

A P Stanley

Sympathy is one of the great secrets of life It overcomes evil and strengthens good It disarms resistance melts the hardest heart and develops the better part of human nature

Kindness begets kindness and truth and trust will bear a rich harvest of truth

and trust. There are many trivial acts of kindness which teach us more about a man's character than many vague phrases

Manners are the ornament of action and there is a way of speaking a kind word, or of doing a kind thing, which greatly enhances its value. What seems to be done with a grudge, or as an act of condescension is scarcely accepted as a favour

S Smiles

In the intercourse of social life, it is by little acts of watchful kindness recurring daily and hourly-and opportunities of doing kindnesses if sought for are ever starting up-it is by words by tones by gestures by looks that affection is won and preserved. He who neglects these trifles yet boasts that whenever a great sacrifice is called for he shall be ready to make it will rarely be loved

The likelihood is, he will not make it and if he does it will be much rather for his own sake than for his neighbour's.

It is an error to suppose that a man belongs to himself. No man does. He belongs to his wife, or his children, or his relations, or his creditors, or to society in some form or other. It is for their especial good and behalf that he lives and works, and they kindly allow him to retain a certain percentage of his gains to administer to his own pleasures or wants. He has his body, and that is all, and even for that he is answerable to society. In short, society is the master and man is the servant; and it is entirely according as society proves a good or bad master, whether he turns out a bad or a good servant.

G. A. Sala.

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up with a good grace The charm of polite society is formed by that sort of freedom and facility in all the members of a circle which makes each one pliable to the influences of the others, and sympathetic to slide into the mood and tastes of others without a jar

It is a mistake to suppose that relations must of course love each other because they are relations Love must be cultivated and can be increased by judicious culture, as wild fruits may double their bearing under the hand of the gardener, and love can dwindle and die out by neglect as choice flower-seeds planted in poor soil dwindle and grow single

How much more we might make of our family life, of our friendships if every secret thought of love blossomed into a deed!

Mrs H B Stowe.

Any one may do a casual act of goodness, but a continuation of them shows it a part of the temperament

If thou art rich, then show the greatness of thy fortune, or what is better the greatness of thy soul, in the weakness of thy conversation condescend to men of low estate, support the distressed, and patronise the neglected Be great

Sterne

The one duty of life is lessen every vice and enlarge every virtue

As all the stars are pervaded by one law, in one law live and move and have their being, so all minds that reason and all hearts that beat act in one empire of one king and of that vast kingdom, the law the most sweeping the most eternal, is the law of loving kindness

David Swing

Kindness gives births to kindness,
 To exert his power in doing good is
 man's most glorious task.

Sophocles

It is reported of one who being asked
 for whom he laboured most, he answered
 ' For my friends. ' and, being asked for
 whom he laboured least, he answered, ' For
 my friends ' Love doth most, and yet
 thinks least of what it does

Secker

We are rich only through what we
 give, and poor only through what we
 refuse.

Madame Swetchine

Let us leave the world wiser and
 better than we found it, and we shall
 leave it happier It may be urged that
 our single exertions cannot do much to
 stem the vast tide of human passions and
 vices which the vortex of society sets in

motion I answer, that it is only by each individual doing his utmost in the line of his duty, without stopping to enquire to what degrees others may be disposed to co-operate with him, that any extensive amelioration of public manners can take effect

Shuttleworth

Have Love ! Not love alone for one,
But Man, as man, thy brother call,
And scatter, like the circling sun,
The charities on all

Schiller

To love the public, to study universal good, and to promote the interest of the whole world, as far as lies within our power, is the height of goodness, and makes that temper which we call divine

Shaftesbury

Who, seeking for himself alone ever
entered heaven ?

In blessing we are blest,

In labour find our rest;

If we bend not to the world's work
heart and hand and brain

We have lived our life in

C Seymour

There is no condition in the world so mean and despicable but yields us opportunities of doing good There is neither old nor young, man nor woman, rich nor poor, high nor low, learned nor unlearned but in their sphere by a good husbandry of those talents God has entrusted to their care, they may be very useful to others and prove instruments of much good in their generation

Sharp

There is a day coming when many of us shall wish that every penny we have given to the poor had been a pound, when those who have begged for us on

behalf of the suffering and the ignorant,
 but of whose importunities we have often
 complained will be accounted our best
 benefactors and when it will be more
 valuable to us to remember one hour
 passed in the garret of the poor than a
 hundred spent at the tables of the rich

J Stalker

Man's true life and blessedness consists
 in being what he was intended by God
 to be in his living that highest life for
 which he was created and endowed—in
 a word in the offering of himself as a
 sacrifice to God above all in deeds of
 faith and charity Love is the fulfilling
 of the law and it is at the same time
 the fulfilling of the existence of the
 creature

are, so far as their example has been contributory to the misfortune or downfall of their brethren. If this great truth could be driven home to the hearts and consciences of one half of the nation the other half would soon improve; if only the upper and middle classes would grasp this great truth and conduct themselves accordingly half the battle would be over.

James Smith

When you rise in the morning form a resolution to make the day a happy one to a fellow-creature. It is easily done; a left-off garment to the man who needs it, a kind word to the sorrowful, an encouraging expression to the striving-trifles in themselves light as air—will do it at least for the twentyfour hours. By the most simple arithmetical sum, look at the result, If you send one one person, only one, happily through each day, in 365 days in the year, and if you

live 40 years only after you commence that course of medicine, you have made 14,600 beings happy, at all events for a time

Sidney Smith

Man's perfection consisteth not only in faith and in law, but in charity and only he that hath charity knoweth that which is needed for salvation

Savonarola

Happiness at least is not solitary, it joys to communicate, it loves others, for it depends on them for its existence, . the very name and appearance of a happy man breathe of good-nature, and help the rest of us to live

R L Stevenson

Would you know the purest pleasure
That to human hearts can flow ?

Would you snatch the greatest treasure
Time keeps buried neath his woe ?

Think and act alone for others,
 Leaving self to lag behind;
 'Treat mankind as sisters, brothers,
 " Be ye pitiful and kind. "

W. Snod.

Guard within yourself that treasure-kindness. Know how to give without hesitation, how to lose without regret, how to acquire without meanness. Know how to replace in your heart, by the happiness of those you love, the happiness that may be wanting in yourself. Keep the hope of another life Love all God's creatures.

George Sand.

The terrestrial cry of human hearts is for sympathy. As the hart panteth for water brooks, so longs the soul for sympathy. High and low, rich and poor, young and old, crave for it; not because they know it is the mystic motive-power of life, but because their nature hungers

for it. The poorest begger on the street asks the rich man's corn; but at heart he appreciates his sympathetic smile far more. All the pampering of wealth is not to be weighed against one touch of sympathy. The haughtiest man in the world is pleased when even a dog kindly wags his tail to him. A flower cannot live without heat, neither is life possible without sympathy. To place poverty in a workhouse without giving sympathy is simply to kennel up some humanity out of the rest of humanity's way. Take the sun from the world, but leave sympathy. Take hearing from the ears and seeing from the eyes, but leave sympathy. Any deprivation in life is endurable except sympathy; without it life is an impossibility. Despair itself will rise up and sing at its touch. It gives an impetus to the wings of love sufficient to carry it to the windows of heaven. It is balm to the disheartened,

ambrosia to the ambitious, and a bond of brotherhood to all

David Sinclair

That charity is bad which takes from independence its proper pride from mendacity its salutary shame

Southey

To feel much for others and little for ourselves, to restrain our selfish, and to indulge our benevolent affections constitute the perfection of human nature

Adam Smith

If there be any truer measure of a man than by what he does it must be by what he gives

South

There is no dearth of charity in the world in giving but that is comparatively little exercised in thinking and speaking

P Sidney

The true language of religion is the
language of love

Sabatier.

For there's no glory, save to try
To wipe tears from another's eye

Henry S Sutton

As gold doth excel all metals is rare
and dear, and more fair and durable even
so charity doth excel all virtues and censeth
not but is permanent

Spenser

The tender words and loving deeds
which we scatter for the hearts that are
nearest to us are immortal seed that
will spring up in everlasting beauty not
only in our one lives but in the lives of
those born after us

C H. Spurgeon

It isn't the thing you do dear
It's the thing you leave undone

Which gives you a bit of a heart-ache-
At the setting of the sun

The tender word forgotten,
The letter you did not write,
The flowers you might have sent dear,
Are your haunting ghosts to-night

The stone you might have lifted
Out of a brother's way,
The bit of heartsome counsel
You were hurried too much to say

And Love has overflowing streams
To fill them every one

But if at any time thou cease
Such channels to provide,
The very founts of Love for thee
Will soon be parched and dried

For we must share, if we would keep
That good thing from above,
Ceasing to give, we cease to have—
Such is the law of Love

R. C. Trench

The life that goes out in love to all
is the life that is full, rich, and continually
expanding in beauty and power

Put love into the world, and heaven
with all its beatitudes and glories becomes
a reality

Love is everything, it is the key of
life, and its influences are those that
move the world

R. W. Trine

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When you give, take to yourself no credit for generosity, unless you deny yourself something in order that you may give.

He who gives what he would as readily throw away gives without generosity; for the essence of generosity is in self sacrifice

Henry Taylor.

Love is duty and something more. Love is a noble tree of which duty is the trunk.

Every inspiration to do right, however trivial it may seem, is sent to us directly from Him

Temple

Men of the the noblest dispositions think themselves happiest when others share their happiness with them

When we pray for any virtue, we should cultivate the virtue as well as

pray for in the form of your prayers should be the rule of your life, every petition to God is a precept to man. Look not, therefore, upon your prayers as short method of duty and salvation only, but as a perpetual monition of duty, by what we require of God we see what He requires of us, and if you want a system or collective body of holy precepts, you need no more but your prayer-books

Jeremy Taylor

A more glorious victory cannot be gained over another man than this—that when the injury began on his part, the kindness should begin on ours

Tillotson.

There is no wiser use than those who have great possessions can make of them than wisely to put them into life, into character, day by day, while they live. The time will come when it will be regard-

ed as a disgrace for a man to leave vast accumulations behind him

R. W. Trieve

Goodness is the only investment that never fails

Thoreau

Start some kind word on its travels
There is no telling where the good it
may do will stop

D. W. Talmage

Let be thy wail and help the fellow men
And make thy gold thy vassal, not thy
king,

And fling free alms into the beggars bowl
And send the day into the darken'd heart,
And more-think well Do well will follow
thought

Tennyson

And see how everywhere

Love comforts, strengthens, helps, and
saves us all,

What opportunities of good befall
To make life sweet and fair

Celia Thaxter.

Surely, if it were put out of our power to perform acts of benevolence, our life itself would become poor enough. If it were possible that the impulse of pity could die in us, there would be a melancholy prospect for our joy and our pleasure. The man who is fortunate enough to be able to give, receives more than the poor taker. Alas ! it is the only thing that can at all mitigate the harshness of property, the cruelty of possession, that a part of what is disproportionately accumulated is dropped upon the wretched creatures who are pining below us, that it may not be utterly forgotten that we are all brethren.

Tieck.

We can most of us sympathise, but to

understand is a subtler quality Unselfish sympathy, that forgets itself and does not obtrude, is the sweetest and rarest of all.

Anne Thackeray.

That day is best wherein we give
A thought to others' sorrows;
Forgetting self, we learn to live,
And blessings born of kindly deeds
Make golden our to-morrows.

B. H. Thorpo

If good people would but make their
goodness agreeable, and smile instead of
frowning in their virtue, how many would
they win to the good cause.

Usher.

There is no remedy for time mispent;
No healing for the waste of idleness,
Whose very languor is a punishment
Heavier than active souls can feel or guess
O hours of indolence and discontent,
Not now to be redeemed! ye sting not less

Because I know this span of life was lent
For lofty duties, not for selfishness,
Not to be whiled away in aimless dreams,
But to improve ourselves, and serve
 mankind.

Life and its choicest faculties were given
Man should be ever better than he seems,
And shape his acts, and discipline his
mind,
To walk adorning earth, with hope of
heaven.

Aubrey de Vere

While you have any love in you exercise it, make the most of it, feed it by the sight of good things and by imitation of good deeds Ask of God to enter into your hearts by that open door Love your husband, your wife, your children, your servants, your master, your brothers and sisters, your neighbours and trades men as well as your friends, and consider

yourself as sent into the world for the one great purpose of showing kindness and being good to others. Seek in this way to find out what God is.

Voysey.

Kindness is the evidence of kingliness.
 Talk happiness. The world is sad enough
 Without your woe. No path is wholly
 rough.

Look for the places that are smooth and
 clear,
 And speak of them to rest the weary ear
 Of earth; so hurt by one continuous strain
 Of mortal discontent and grief and pain.

If one poor hurdened toiler o'er life's road
 Who meets us by the way,
 Goes on less conscious of his galling load,
 Then life, indeed, does pay.

Why, then, we too, are paid for all the
pain

Of bearing life's hard cross.

If some despondent soul to hope is starved,

Some sad lip made to smile,

By any act of ours, or any word,

Then, life has been worth while

Ab, friend, my friend ! One true heart,
fond and tender.

*That understands our troubles and our
needs.*

Brings us more near to God than all the
splendour

And pomp of seeming worship and vain
creeds.

In the long run all love is paid by love,
Though undervalued by the hosts of earth;
The great eternal government above
Keeps strict account and will redeem
its worth.

Give thy love freely; do not count the
cost,

So beautiful a thing was never lost
In the long run

If you are sighing for a lofty work,
If great ambitions dominate your mind,
Just watch yourself and see you do not
shirk
The common little ways of being kind
The cure for the pessimist lies in good
deeds
Who toils for another forgets his own deeds.

Up ! Do not wait a day,
For the old brown clock with its tick
tick, tick.

Is ticking your life away

**The world cries for workers; not seekers
for pelf.**

But souls who have sought to eliminate
self

Can the lame lead the race? Can the
blind guide the blind

We must better ourselves ere we better
our kind

The more I give, the more remains for giving.

The more receive, the more remains to win
Ab, only in eternities of living

Will life be long enough to love thee in

If men were only kinder,

The world would all go right

No ignorance is blinder

Than that which seels by might

To overcome disaster—

For Love alone is Master,
And Love alone brings light

One sorrow only in God's world has birth
To live unloving and unloved on earth,
One joy alone makes life a part of heaven
The joy of happy love received and given

Why do we grudge our sweets so to the
living,
Who, God knows, finds at best too much
of gall,
And then with generous open hands
kneel, giving
Unto the dead our all

What do the dead care for the tender
token-
The love, the praise the floral offerings?
But palpitating living hearts are broken.
For want of just these things.

Hide in your heart a bitter thought,
Still it has power to blight

*Think love, although you speak it not,
It gives the world more light*

*We get what we give in our measure;
We cannot give pain and get pleasure.*

*However meagre be my worldly wealth,
me give something that shall aid my
kind,*

*A word of courage, or a thought of health
Dropped as I pass for troubled hearts to
find*

My life is a brief, brief thing,

I am here for a little space,

*And while I stay I would like, if I may,
To brighten and better the place*

*Love thyself last Look near behold thy
duty*

*To those who walk beside thee down
life's road;*

*Make glad their days by little acts of beauty
And help them bear the burden of earth's
load.*

I give a beggar from my little store
Of well earned gold He spent the shin-
ing ore
And came again, and yet again, still cold
and hungry, as before
I gave a thought, and through that
thought of mine
He found himself, the man, supreme
divine !
God, clothed, and crowned with blessings
manifold.

And now he begs no more

Love much Earth has enough bitter in it.
Cast sweets into its cup whenever you can.
No heart so hard but love at last may
win it.
Love is the grand primeval cause of man.
All hate is foreign to the first great plan.
Love much Men's souls contract with cold
suspicion.

Shine on them with warm love, and they
expand.

Ths love, not creeds that from a low
condition

Leads mankind up to heights supreme
and grand

Oh that the world could see and
understand

Love much There is no waste in freely
giving,

More blessed is it even, than to receive
He who loves much alone finds life worth
living

Love on, through doubt and darkness and
believe

There is nothing which love may not achieve

Who giveth love to all,

Pays kindness for unkindness smiles for
frowns,

And lends new courage to each fainting
heart.

And strengthens hope, and scatters joy
abroad,

He is a son of God

Not in some cloister or cave,
Not in some kingdom above,
Here, on this side of the grave,
Here should we labour and love

Down through the chaos of our human
laws

Love shines supreme the great Eternal
Cause

God loved so much His thoughts burst
into flame

And from the sacred source Creation came
The heart which feels this holy light
within

Finds God and man and beast and bird
its kin

Let me to-night look back across the span
'Twixt dawn and dark, and to my consci-
ence say

Because of some good act to beast or man—
 ' The world is better that I lived to-day

I know not whence I came,
 I know not whither I go
 But the fact stands clear that I am for
 In this world of pleasure and woe

And out of the mist and murk
 Another truth shines plain
 It is in my power each day and hour
 To add to its joy or its pain

Eden is yours ! Would you dwell within it ?
 Change men's grief to a gracious smile,
 And thus have heaven here this minute,
 And not far off in the afterwhile
 Find the soul's high place of beauty
 Not in the man-made book of creeds,
 But where desire resembles duty
 And life is full of your kindly deeds

Bliss is yours ! Would you fain begin it ?
 Pare with love each golden mile,
 And thus have heaven here this minute,
 And not far off in the afterwhile

We shall be kind in the after-while,
 But what have we been to-day ?
 We shall bring each lonely life a smile,
 But what have we brought to-day ?
 We shall give to truth a grander birth
 And to steadfast faith a deeper worth
 We shall feed the hungering souls of earth,
 But whom have we fed to-day ?

We shall reap such joys in the by and by,
 But what have we sown to-day ?
 We shall build us mansions in the sky,
 But what have we built to-day ?
 'Tis sweet in idle dreams to bask
 But here and now do we our task ?
 Yes, this is the thing our souls must ask
 What have we done to-day ?

Nixon Waterman

He who is loved has gained the highest
tribute of earth, he who loves has entered
into the spirit of heaven

To live for others, to suffer for others,
is the inevitable condition of our being
To accept the condition gladly, is to find
it crowned with its own joy

Absolute self-surrender is the condi-
tion of the highest influence

We live truly, exactly in proportion
as we go out of ourselves and enter into
the fullness of the experience of those
whom we serve and by whom in turn we

What we can do for another is the
test of power what we can suffer for
another is the test of love

The truest joys which we have expe-
rienced have come when we have had grace
to enter most entirely into a sorrow not
our own

Westcott

He only feels his burdens fall
Who, taught by suffering pities all

O Brother man ! Fold to thy heart thy
brother
Where pity dwells the peace of God is
there,
To worship rightly is to love each other
Each smile a hymn, each kindly deed a
prayer

If there be some weaker one
Give me strength to help him on,

‘He who feels contempt
For any living thing, hath faculties
That he hath never used, and thought
with him
Is in its infancy.

Small service is true service while it
lasts;
Of humblest friends, bright creature, scorn
not one;
The daisy, by the shadow that it casts,
Protects the lingering dewdrop from the
sun.

The blessedness of giving is not limited to cheques and bank-bills. There are gifts that far transcend, these-gifts of patience, sympathy, thought and counsel, and these are gifts that the poorest can give.